

## L-Proline

### DESCRIPTION

L-Proline, provided by Douglas Laboratories, supplies 500 mg of the amino acid L-proline in each capsule.

### FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissue including skin, bone and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides. L-Proline plays an important role in skin health and collagen formation as the body can convert proline into hydroxyproline, which is used by the body to make into collagen.

### INDICATIONS

L-Proline may be a useful dietary adjunct for individuals wishing to supplement with this amino acid.

### FORMULA (#7948)

1 Capsule Contains:

L-Proline ..... 500mg

### SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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- Myllyla R, Becvar R, Adam M, Kivirikko KI. Markers of collagen metabolism in sera of patients with various rheumatic diseases. *Clin Chim Acta.* 1989 Aug 31;183(3):243-52.
- Rauscher S, Baud S, Miao M, Keeley FW, Pomès R. Proline and glycine control protein self-organization into elastomeric or amyloid fibrils. *Structure.* 2006 Nov;14(11):1667-76.

**For more information on L-Proline visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Your patients trust you.**

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