

## C/Lysine Plus

### DESCRIPTION

C/Lysine Plus, offered by Douglas Laboratories, provides significant amounts of Vitamin C and L-Lysine in capsule form.

### FUNCTIONS

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers - lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and capillary health. It also participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Laboratory studies show that vitamin C completely protects lipids in plasma and low-density lipoprotein (LDL) against atherogenic peroxidative damage. In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

L-Lysine is required for collagen cross-linking. Collagen cross-linking is important for resiliency and elasticity of the collagen and elastin present in all connective tissues and blood vessel walls. During formation of new collagen, fibroblasts secrete immature collagen strands and a vitamin C- and copper-requiring enzyme, lysyl oxidase. Lysyl oxidase oxidizes the free amino group of the immature collagen's lysyl side chains. Once oxidized, these lysyl side chains spontaneously engage in various reactions between collagen strands to bring about cross-linking. As a result, a complex network of collagen strands is formed, providing elasticity and resiliency. L- L-Lysine has also been shown to be effective in supporting the immune system.

### INDICATIONS

C/Lysine Plus may be a useful dietary adjunct for individuals wishing to supplement their diet with Vitamin C and L-Lysine.

### FORMULA (#80279)

4 Capsules Contain:

Vitamin C ..... 2,000mg

(Ascorbic Acid)

L-Lysine ..... 1,000mg

In a base of bioflavonoids and hesperidin

### SUGGESTED USE

Adults take 2 capsules twice 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.

## C/Lysine Plus

### REFERENCES

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**For more information on C/Lysine Plus 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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Your patients trust you.**

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