

L-Arginine 1000 mg – Free Form Amino Acid

About L-Arginine

- L-arginine may help support a modest improvement in exercise capacity in individuals with stable cardiovascular disease (CVD).
- L-arginine is a nonessential amino acid involved in protein synthesis. However, it may become conditionally essential under conditions such as illness, stress, and recovery, and need for it may exceed the body's ability to produce it.
- It is easier to absorb as a free-form amino acid than from protein found in food.¹
- L-arginine is used by an enzyme, nitric oxide synthase, to help make nitric oxide.
- Nitric oxide helps improve blood flow, which helps improve exercise capacity in people with stable CVD.
- Studies have shown that L-arginine helps the body use oxygen efficiently, supports energy levels, helps the body recover from exercise, and increases physical endurance.^{2,3}

How to Use L-Arginine

- Take 2 tablets 3 times per day or as directed by a health care practitioner. Not to exceed 8 g per single dose. Consult a health care practitioner for use beyond 8 weeks if you have a cardiovascular disease.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have a cardiovascular disease and are attempting an increase in physical activity, if you are taking medications for cardiovascular disease or erectile dysfunction, or if you are taking blood thinners. Consult a health care practitioner if your symptoms worsen. Keep out of reach of children.
- Avoid using L-arginine in guanidinoacetate methyltransferase (GAMT) deficiency or after a recent heart attack. Consult a health care practitioner before using with impaired kidney function. High levels of arginine may worsen or trigger herpes zoster outbreaks.

Drug Interactions

- Theoretically, L-arginine may increase the risk of hypotension when taken with antihypertensive medications such as ACE inhibitors, angiotensin receptor blockers (ARBs), or isoproterenol. Theoretically, it may increase the risk of hyperkalemia when taken with potassium-sparing diuretics, the risk of hypoglycemia when taken with antidiabetic drugs, the risk of bleeding when taken with anticoagulant/antiplatelet drugs, and the risk of hypotension when taken with sildenafil.

Quick Tips for Optimal Health

- Eat a healthy diet. Evidence shows that the Mediterranean diet, which prioritizes fruits and vegetables, whole grains, beans, olive oil, and nuts and seeds, supports heart health.⁴
- Get enough sleep. Experts recommend 7–9 hours of sleep per night for optimal health. Sleeping less than six hours per night can negatively affect heart health.⁵
- Focus on sleep quality. Good-quality sleep can also support heart health.⁵ Avoiding blue light from screens at bedtime or in bed may support quality sleep by permitting normal melatonin release.⁶
- Enjoy exercise. Experts recommend 30 minutes of moderate exercise five times per week, which can be done in increments of 10–15 minutes at a time, if desired.⁷
- Manage stress. Stretching and breathing exercises can help with stress management and heart health.⁸
- Consider a pet. Studies suggest that pet ownership may help support heart health, partly through decreasing sympathetic nervous system activity.⁹

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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