L-Arginine

• Helps support exercise capacity
• Amino acid involved in protein synthesis
L-Arginine is an amino acid present in the proteins of all life forms. It is classified as a semiessential or conditionally essential amino acid. This means that under normal circumstances, the body can synthesize sufficient L-arginine to meet physiological demands; there are, however, conditions where the body cannot. L-Arginine is essential for young children and for those with certain rare genetic disorders in which synthesis of the amino acid is impaired. Stressful conditions which can also exert an increased demand on the body for the synthesis of L-arginine include trauma (surgical trauma), sepsis, and burns. These are situations where L-arginine becomes essential, which translates to a need for increased dietary intake of foods such as turkey, pork, chicken, pumpkin seed, spirulina, and dairy, which are among good sources of L-arginine.

Targeted supplementation with L-arginine in convenient capsule form is an excellent, vegan-compliant way to deliver a therapeutic dose without incurring excess calories.