



L-Arginine

Quest L-Arginine is a superior amino acid supplement. Arginine is considered a “conditionally essential” amino acid because, although the body can normally manufacture it, during periods of stress or if a person is malnourished, arginine can be depleted and it must be obtained from food or supplements. Arginine plays a vital role in many processes in the body, including wound healing, immune support, cardiovascular support, hormone production, and enhancement of sexual function.



PRODUCT CODE: 338620

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps support healthy cardiovascular health.	Capsules	Adults take 4 capsules three times daily, for up to six months.

DESCRIPTION:

Each capsule of Quest L-Arginine contains 500 mg of arginine HCl (L-arginine HCl). This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Meat, poultry, fish, dairy products, whole wheat, rice, nuts, seeds, corn.

Causes of Deficiency: Inadequate protein in the diet, stress.

Symptoms of Deficiency: Vascular dysfunction, sexual dysfunction, slow-healing wounds, premature aging, susceptibility to infection.

Complementary Nutrients: Overall healthful diet with adequate protein.

HOW IT WORKS:

L-Arginine can help treat several heart conditions because of its ability to increase the production of nitric oxide (NO). NO helps dilate or relax blood vessels so that blood flows more freely through the body, relieving high blood pressure, congestive heart failure, and angina. In addition, NO prevents blood clots and plaque buildup, which can lead to a heart attack or stroke. Because NO also helps increase blood flow to the sexual organs, arginine may also be useful in treating erectile dysfunction in men. Arginine supplementation during periods of stress (such as infection, illness, or injury) is beneficial because the body requires a greater amount of this amino acid for healing purposes. Arginine is also required by the pituitary gland for the production of growth hormone, which supports the immune system and is depleted as we age, leading to wrinkles, weight gain, bone and joint disease, and hair loss.



DID YOU KNOW...

Soy protein and other plant proteins are richer in L-arginine than animal proteins, which are richer in lysine.

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RESEARCH:

The efficacy of supplementing with L-arginine for many conditions has been demonstrated in numerous studies. In human clinical trials, L-arginine has had significant positive effects in hypercholesterolemic and hypertensive subjects. It has also been helpful in those with angina pectoris. In a recent long-term study, supplemental L-arginine, given for 6 months, resulted in significant improvement in coronary small-vessel endothelial function. In a double-blind, placebo-controlled study of 22 subjects with stable angina, supplemental L-arginine (1 gram twice daily) significantly improved exercise capacity. In another study, L-arginine supplementation resulted in a 70% reduction in angina attacks.

SIDE EFFECTS:

No side effects expected in dosages up to 3 grams per day. Mild side effects include gastrointestinal upset and nausea.



INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have a viral infection, kidney disease, stomach ulcers, gastritis, reflux, cancer, a strong family history of cancer, or personal past history of cancer. Do not use if you are taking ACE inhibitors, diuretics, transdermal nitroglycerine, anti-inflammatories, or painkillers.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

 <p>QUEST LONGÉVITÉ L-Arginine 500 mg 90 capsules</p> <p>Aide à soutenir une fonction cardiovasculaire saine Sans colorants, arômes ou agents de conservation artificiels</p> <p>NPN 80000216</p> <p>Supérieure Qualité Assurée</p>	<p>Usage recommandé : Aide à soutenir une fonction cardiovasculaire saine. Dose recommandée (adultes) : Prendre 4 capsules, trois fois par jour, pendant un maximum de six mois.</p> <p>Ingrédients médicinaux : Chaque capsule contient : L-Arginine (chlorhydrate de L-arginine) 500 mg Ingrédients non médicinaux : stéarate de magnésium, dioxyde de silicium, silicate de calcium, gélatine.</p> <p>Information sur les risques : Ne pas utiliser si vous avez subi un infarctus du myocarde (crise cardiaque). Ne pas utiliser si vous êtes enceinte ou allaitante. Ne pas utiliser ce produit plus que six mois sans l'avis d'un praticien de soins de santé. Consulter un praticien de soins de santé avant de prendre ce produit si vous prenez des médicaments sur ordonnance. Cesser l'utilisation de ce produit si vous constatez un retard dans votre cycle menstruel. Ne pas utiliser si vous êtes hypersensible à l'arginine.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soya ou sulfites.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	 <p>QUEST LONGEVITY L-Arginine 500 mg 90 capsules</p> <p>Helps support healthy cardiovascular function No artificial colours, flavours or preservatives</p> <p>NPN 80000216</p> <p>Premium Quality Assured</p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER S'IL Y A UN SAUVE-BOUCHE SÈCHE SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>3886201423</p> <p>F.P.O. - 80% UPC CODE TO BE: 0 58371 22014 5</p>
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