



# L-Arginine

*Nature's Harmony® L-Arginine helps support healthy cardiovascular function. This easy-to-swallow capsule is commonly taken to improve heart health.*

PRODUCT CODE: 400860

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps support healthy cardiovascular function.	Capsule	Take 4 capsules three times daily for up to six months.

## DESCRIPTION:

L-arginine is classified as a semi-essential amino acid, meaning that the body normally makes a sufficient amount to meet its demands. Under certain conditions, however, the body cannot make enough of this important amino acid and supplementation is necessary for optimal health .

**Recommended Daily Allowance:** N/A

**Food Sources:** Dairy products, meat, poultry, fish, nuts and chocolate.

**Causes of Deficiency:** Stress, cardiovascular disease.

**Symptoms of Deficiency:** Cardiovascular disease.

**Complementary Nutrients:** Triple Fish Oil, Natto.

## HOW IT WORKS:

L-arginine helps produce nitric oxide (NO), a substance that has several critical functions in the body, such as sending messages to your blood vessels to relax and widen.

NO is produced by all tissues of the body and plays a very important role in the cardiovascular system, immune system and nervous system.

# L-Arginine

**RESEARCH:**

Numerous experiments have shown that L-arginine, through its nitric oxide activity, has effects on endothelial cells—the cells that form a thin layer on the interior surface of all vessels. Researchers believe that L-arginine inhibits constriction of blood vessels, thrombolytic activity, cell proliferation, inflammation and other activities that promote cardiovascular disease.

**SIDE EFFECTS:**

Side effects are uncommon, typically mild and may include bloating, abdominal pain and diarrhea.

**INTERACTIONS AND SAFETY CONSIDERATIONS:**

Do not use if you have had a myocardial infarction (heart attack). Do not use if you are pregnant or breastfeeding. Do not use this product longer than six months without the advice of a health care practitioner. If you are currently using prescription medication, consult with a health care practitioner prior to use. Discontinue use if the product causes a delay in your menstrual cycle. Do not use if you have a hypersensitivity to arginine.

**OTHER CONSIDERATIONS:**

Do not use this product for longer than six months without the advice of a health care practitioner. People with cold sores or the herpes virus should not supplement with L-arginine as it may cause this virus to multiply. Those with stomach ulcers should not take L-arginine because it may cause the body to produce more stomach acid. L-arginine may also alter potassium levels in the body.

**LABEL:**

 <p><b>L-Arginine</b> 500 mg</p> <p><b>Aide à soutenir une fonction cardiovasculaire saine.</b></p> <p><b>90 capsules</b> NPN 80000216</p>	<p><b>Usage recommandé :</b> Aide à soutenir une fonction cardiovasculaire saine.</p> <p><b>Posologie recommandée :</b> Prendre 4 capsules, trois fois par jour, pendant au plus six mois.</p> <p><b>Ingrédients médicinaux :</b> Chaque capsule contient : Chlorhydrate de L-arginine (synthétique).....500 mg</p> <p><b>Ingrédients non médicinaux :</b> stéarate de magnésium, oxyde de silicium, silicate de calcium, gélatine. Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, lactose, noix, crustacés, sodium, soya, amidon, sucre, sulfites, ni agent de conservation, colorant ou arôme artificiels.</p> <p><b>Renseignements sur les risques :</b> À éviter si vous avez subi un infarctus du myocarde (crise cardiaque). À éviter 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. Consultez un praticien de soins de santé avant de prendre ce produit si vous prenez des médicaments d'ordonnance. Cesser l'utilisation de ce produit si vous constatez un retard dans votre cycle menstruel. À éviter si vous êtes hypersensible à l'arginine.</p> <p><b>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.</b></p>	 <p><b>L-Arginine</b> 500 mg</p> <p><b>Helps Support Healthy Cardiovascular Function</b></p> <p><b>90 Capsules</b> NPN 80000216</p> <p><b>Recommended Use:</b> Helps support healthy cardiovascular function.</p> <p><b>Recommended Dose (Adults):</b> Take 4 capsules three times daily for up to six months.</p> <p><b>Medicinal Ingredients:</b> Each capsule contains: L-Arginine HCl (synthetic)..... 500 mg</p> <p><b>Non-medicinal Ingredients:</b> Magnesium stearate, silicon dioxide, calcium silicate, gelatin.</p> <p>This product does not contain corn, dairy, egg, gluten, lactose, nuts, shellfish, sodium, soy, starch, sugar, sulfites, yeast or artificial colours, flavours, or preservatives.</p> <p><b>Risk Information:</b> Do not use if you have had a myocardial infarction (heart attack). Do not use if you are pregnant or breastfeeding. Do not use this product longer than six months without the advice of a health care practitioner. If you are currently using prescription medication, consult with a health care practitioner prior to use. Discontinue use if the product causes a delay in your menstrual cycle. Do not use if you have a hypersensitivity to arginine.</p> <p><b>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</b></p>	<p>Actual Size Grandeur réelle</p> <p>4018961 01-02</p> <p><b>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</b> Manufactured for / Fabriqué pour : Purity Life Health Products A division of/Une division de SunOpta Inc. 6 Commerce Cres., Acton ON L7J 2K3 For more information visit <a href="http://www.naturesharmony.com">www.naturesharmony.com</a> or call 1-877-929-2548. Pour plus de précisions, visitez le site <a href="http://www.naturesharmony.com">www.naturesharmony.com</a> ou composez le 1 877 929-2548.</p> 
---	---	--	--