



# L-Lysine

*Nature's Harmony® L-Lysine helps in the prevention of recurrent cold sores (fever blisters). This easy-to-swallow capsule comes in a 500 mg dose.*

PRODUCT CODE: 400850

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To reduce the recurrence, severity and healing time of cold sores.	Capsule	Adults take 2 capsules three times daily for up to six months.

## DESCRIPTION:

Nature's Harmony® L-Lysine is an essential amino acid. It must be acquired in the diet because it is not produced by the body. L-Lysine is a necessary building block for protein and is required for the absorption of calcium. It has also been shown to be helpful in bone building.

**Recommended Daily Allowance:** N/A

**Food Sources:** Meat, cheese, nuts, eggs and soybeans.

**Causes of Deficiency:** Herpes outbreak from sun exposure, poor diet, stress, weakened immune function.

**Symptoms of Deficiency:** Cold sores.

**Complementary Nutrients:** Daily multi-vitamin, Moducare®.

## HOW IT WORKS:

L-Lysine acts as a precursor to other amino acids. It can also be converted into compounds that are essential for the metabolism of protein and carbohydrates. The herpes simplex virus (HSV) type 1 is the most common cause of cold sores or oral herpes infections. Researchers have found that in order to reproduce, the herpes virus needs arginine, another common amino acid. Arginine is found in such foods as nuts, seeds, chocolate and raisins. Lysine competes with arginine for absorption by the body and for entry into tissue cells. Therefore, when the amount of lysine is increased, it prevents the growth of HSV by depleting the strength of arginine.



## DID YOU KNOW...

*One in five Canadians suffers from two to three cold sore outbreaks each year.*

# L-Lysine

## RESEARCH:

Studies show that L-Lysine is able to reduce the recurrence, severity and healing time of cold sores. Research also indicates that this amino acid increases the activity of bone-building cells.

## SIDE EFFECTS:

Nature's Harmony® L-Lysine is well tolerated and considered safe. Taken in high doses over 10 g per day, side effects may include abdominal cramps and diarrhea.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. If symptoms persist, consult a health care practitioner. Avoid taking L-Arginine if currently taking an L-Lysine supplement.

## OTHER CONSIDERATIONS:

If digestive upset occurs, take product with meals. For prolonged use of L-Lysine, consult a health care practitioner.

## LABEL:

 <p><b>L-Lysine</b> 500 mg</p> <p><b>Aide à réduire la gravité des feux sauvages</b></p> <p><b>90 capsules</b> NPN 80000210</p>	<p><b>Usage recommandé :</b> Aide à réduire la récurrence, la gravité et le temps de guérison des feux sauvages.</p> <p><b>Dose recommandée (adultes) :</b> Prendre 2 capsules, trois fois par jour, jusqu'à une période de six mois.</p> <p><b>Ingrédients médicinaux :</b> Chaque capsule contient :</p> <p>L-Lysine (chlorhydrate).....500 mg</p> <p><b>Ingrédients non médicinaux :</b> silicate de calcium, dioxyde de silicium, stéarate de magnésium, gélatine.</p> <p><b>Information sur les risques :</b> Ne pas utiliser si vous êtes enceinte ou allaitant. Si les symptômes persistent, consulter un praticien de soins de santé.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, oeufs, gluten, crustacés, soya, sulfites, ni colorants, arômes ou agents de conservation artificiels.</p> <p><b>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</b></p>	 <p><b>L-Lysine</b> 500 mg</p> <p><b>Helps Reduce Cold Sore Severity</b></p> <p><b>90 Capsules</b> NPN 80000210</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 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><b>F.P.O. - 80% / 0</b> UPC CODE TO BE USED FOR ALL ORDERS</p> <p>0 00000 100000 0</p> <p>4088501-05</p>
--	--	--	---