L-Arginine is required to synthesize nitric oxide in the human body. Nitric oxide (NO) is formed when L-Arginine has a nitrogen atom (N) removed by an enzyme known as NO synthase and is then combined with an atom of oxygen (O). The prestigious journal *Science* called nitric oxide the “Molecule of the Year” in 1992 because of the many health benefits associated with proper nitric oxide metabolism. In 1998, the Nobel Prize was awarded for the discovery showing that blood flow is regulated by nitric oxide. Its main job is to signal the blood vessels to relax and expand. When the blood vessels dilate, they allow more blood, oxygen and nutrients to flow to the organs and muscles. Nitric oxide helps to produce endothelial relaxation factor, which is needed by the arterial system for expansion and contraction with each heartbeat. Arginine-derived nitric oxide has been shown to help increase mental acuity*, improve overall circulation*, help with erectile dysfunction*, increase muscle growth*, and improve endurance*. L-Arginine helps build muscle mass*, enhance immune function*, increase memory*, and speed wound healing*.

**INGREDIENTS**

L-Arginine is one of the 20 most common naturally found amino acids. While L-Arginine is considered to be ‘semi-essential’ because it can be manufactured in the human body, not everyone creates enough for their needs. L-Arginine has been shown to be necessary for the maintenance of the health of the skin, liver, joints and muscles. It is also used in immune cell maintenance and regulation of blood sugar. The average daily intake only meets the minimum requirements for these functions and during intense exercise, inadequate amounts of L-Arginine may be synthesized in the liver from other amino acids. L-Arginine has multiple health benefits when taken in doses larger than those normally obtained from the diet*. L-Arginine is also a necessary precursor to creatine, which helps supply energy to all the cells of the body and is renowned for its ability to improve athletic performance*.

In the 1990s, scientists discovered that not only is nitric oxide an essential compound that helps blood circulation, it is important to normal sexual function in both men and women*. Nitric oxide is believed to aid in sexual performance through its ability to regulate blood flow. Nitric oxide is a powerful vasodilator, which means it dilates blood vessels thus increasing blood flow. L-Arginine is widely regarded by researchers as an essential nutrient for healthy sexual function*.

**BENEFITS**

- Helps Support Athletic Endurance*
- Helps Boost Nitric Oxide*
- Helps Regulate Blood Pressure*
- Helps Improve Cardiovascular Health*
- Helps Support Healthy Immune System*
- Helps Improve Blood Sugar Regulation*
- Helps Support Brain Health*

L-Arginine is coveted for the beneficial effects it can have on individuals engaged in intense exercise. In 2005, a study was conducted with trained, older adult cyclists, where one group was given a placebo and another was given a compound with L-Arginine. The group that received the compound showed a significant improvement anaerobic and ventilatory thresholds (both important factors during intense endurance activity) compared to the placebo group1. In one double-blind, crossover study, healthy males consumed a beverage that contained 6 grams of L-Arginine or a beverage containing a placebo. The group that received supplementation had a lowered oxygen cost during exercise at moderate-intensity and extended their time to exhaustion during severe-intensity exercise2.

One of the most important functions of L-Arginine is its vital role in the synthesis of nitric oxide. In this process, enzymes known as nitric oxide synthase uses L-Arginine to create nitric oxide. L-Arginine supplementation has been proven to increase nitric oxide production3 and as a result, improve vascular function4. Nitric oxide is a powerful vasodilator and as such confers numerous benefits including improved vascular function5. Nitric oxide’s ability to improve blood flow has been shown to alleviate symptoms of hypertension. In two different randomized, double blind studies L-Arginine supplementation was shown to improve blood vessel dilation in

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 scoop (6 grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>50</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>L-Arginine HCl</td>
<td>6 g</td>
</tr>
</tbody>
</table>

† Daily Value not established.

**Other Ingredients:** None.

**Suggested Adult Use:** Mix 1 level scoop in 8 oz. juice or beverage of your choice daily, or as recommended by a nutritionally-informed physician.

**WARNING:** Not intended for individuals under the age of 18. Consult your physician if pregnant, nursing, have a medical condition, taking nitrates, warfarin, sildenafil (Viagra), medications for hypertension, diabetes, or other supplement that may lower blood pressure while taking in concomitant with this product. Keep out of reach of children.

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Nitric oxide is becoming renowned for its ability to improve sexual performance. A randomized, double-blind, three-way crossover trial of twenty-four participants with sexual arousal disorder, showed that a compound containing L-Arginine significantly improved not only blood pressure but also renal function and carbohydrate metabolism. In a supporting placebo-controlled study looking at the effect of long term L-Arginine supplementation in type 2 diabetic patients, the group that received supplementation, along with a change in diet, was shown to have significantly improved insulin sensitivity as compared to both groups that only changed their diet or received placebo.

The health benefits of L-Arginine appear to be varied and far-reaching. In a study looking at dietary L-Arginine supplementation, moderate increases of L-Arginine in the diet significantly improved not only blood pressure but also renal function and carbohydrate metabolism. In a supporting placebo-controlled study looking at the effect of long term L-Arginine supplementation in type 2 diabetic patients, the group that received supplementation, along with a change in diet, was shown to have significantly improved insulin sensitivity as compared to both groups that only changed their diet or received placebo.

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SCIENTIFIC REFERENCES

1. VanDeHey L. Cehn S. Effects of Niteworks™ on Exercise Performance in Healthy Older Adult Cyclists. School of Physician Assistant Studies. 2005: 69.