

# L-Arginine

*Building block for structural proteins*

Designs for Health's L-Arginine provides 750 mg of the amino acid L-arginine per capsule. L-Arginine serves as a building block for structural proteins, enzymes and other signaling molecules in the body. It is a conditionally essential amino acid, meaning that while the body can synthesize arginine internally, certain conditions may increase the body's requirement for arginine beyond that which it is capable of generating on its own. L-arginine is abundant in both animal and plant foods sources, but some individuals may benefit from additional amounts via supplementation.

L-Arginine is the precursor to a compound called nitric oxide. Nitric oxide helps support healthy blood pressure by influencing the dilation and elasticity of blood vessels, thus allowing blood to flow more smoothly. Nitric oxide also supports healthy function of the cells that make up the inner lining of blood vessels, called the endothelium.

## Benefits of L-Arginine

Through regulation of nitric oxide signaling, L-arginine may support:\*

- **Communication among nerve cells**
- **Proper blood circulation**
- **Healthy immune function**
- **Healthy liver function**
- **Proper platelet aggregation and blood clotting**
- **A healthy inflammatory response**
- **Sexual arousal, via facilitating blood flow to the sexual organs**

## Recommended Use:

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**