



# Arginine

## Overview

Arginine, also known as L-arginine, is an amino acid. Amino acids are the building blocks of proteins. Arginine is produced naturally in the body. It is also found in foods such as red meat, poultry, fish, dairy products, eggs, and seeds of all types. Arginine helps to dilate or open, blood vessels. It works by converting into nitric oxide in the body. Nitric oxide then dilates the blood vessels by relaxing the muscles that constrict them. Arginine is produced pharmaceutically and given as a supplement for many conditions. It can stimulate the release of insulin, growth hormone (helps increase muscle mass and reduce the amount of fat in the body), and other substances.

## Other Uses

Arginine may also help with athletic performance, kidney function following a transplant, pre-eclampsia, inflammation in the digestive tract of premature infants, and immune system function. Topically, L-arginine helps wound healing, blood flow to cold hands and feet (helpful for those with diabetes), and sexual issues in both men and women.

## Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 200mg/ml

Route of Administration: IV/IM

## Storage

Store at controlled room temperature. Protect from light.