



L-Lysine

Promotes Healthy
Immune System Function*

L-Lysine is an essential amino acid the body uses as a building block for protein and producing hormones, enzymes, collagen, and healthy immune cells.*¹ Humans need to consume L-Lysine through food or supplementation to help support healthy immune system function, promote healthy connective tissues, and support optimal bone health.*

How L-Lysine Works

Amino acids are critically important for various biochemical and physiological processes in the body. Clinical research has shown how L-Lysine supports cellular health in the immune system, bones, intestinal tract, and organs such as the kidney, spleen, and liver.*^{2,3,4}

L-Lysine supports immune system function by promoting healthy stress response at a cellular level.*⁵ It further promotes healthy levels of the amino acid arginine by reducing its availability for unhealthy DNA synthesis.*⁶

L-Lysine helps promote healthy cell turnover and production needed for forming collagen.* Studies show it acts as a binding agent between skin and bones to support healthy connective tissues.*⁷ It also helps promote intestinal absorption of calcium and supports the healthy transport of calcium throughout the body.*^{8,9}

Additionally, L-Lysine helps convert fatty acids into energy where it is used to promote lean muscle mass through its ability to support healthy protein synthesis.*^{10,11}

L-Lysine Supplementation

The ingredients in L-Lysine are congruous with what research suggests to be effective and safe, particularly for supporting healthy immune system function.*

Clinical evidence and research cited herein shows that the ingredients in L-Lysine may:

- Promote healthy immune system function*
- Support healthy stress response*
- Promote healthy connective tissues*
- Support bone health*
- Promote intestinal absorption of calcium*
- Promote lean muscle mass*



Form: 90 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
L-Lysine (as L-lysine HCl)	500 mg	*

Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Directions:

Take one capsule three times daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.

References:

1. Iseri VJ & Klasing KC. *Integr Comp Biol*. 2014;54(5):922–930.
2. Han H et al. *Sci Rep*. 2018;8:2451-2459.
3. Datta D, Bhinge A & Chandran V. *Cytotechnology*. 2001;36(1-3):3-32.
4. Civitelli R et al. *Calcif Tissue Int*. 1989; 45:193–197.
5. Scheer S & Zaph C. *Front Immunol*. 2017;8:429.
6. Sanchez MD, Ochoa AC & Foster TP. *Antiviral Res*. 2016;132:13-25.
7. Yamauchi M & Sricholpech M. *Essays Biochem*. 2012;52:113-133.
8. Shimomura A et al. *J Am Soc Nephrol*. 2014;25(9):1954-1965.
9. Sinha S & Goel SC. *Indian J Orthop*. 2009;43(4):328-334.
10. Børsheim E et al. *Clin Nutr*. 2008;27(2):189-195.
11. Lin X et al. *J Nutr*. 2018;148(9):1426-1433.