

L-Lysine

Promotes Healthy Immune System Function*

L-Lysine Supplementation

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.*

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 show 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*

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, which is then used to promote lean muscle mass through its ability to support healthy protein synthesis.*^{10,11}



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%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.

References:

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4. Civitelli R et al. *Calcif Tissue Int*. 1989; 45:193-197.
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11. Lin X et al. *J Nutr*. 2018;148(9):1426-1433.

* 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.

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