

# Arginine

Scientific investigations have shown that l-arginine (classified as an essential amino acid) delays the formation of tumors, helps detoxify the liver, contributes to the release of growth hormones produced by hypophysis, and assists in maintaining a healthy immune system. It is also known that arginine promotes the removal of toxic ammonia, increases sperm production, and promotes healing in the event of kidney trouble or injuries. The epidermis formed in wound healing contains a considerable amount of arginine. Arginine is necessary for protein synthesis and optimal growth. The increase in muscle tissue and reduction of body fat takes place in the presence of l-arginine. It may also contribute to the formation of collagen (an important constituent of connective tissue). Taking arginine may lead to improvement in the case of liver complaints (adiposity, cirrhosis).

In recent years, l-arginine has become very popular in sports. More than 50 scientific investigations have verified that l-arginine strongly influences the production of growth hormones, independent of age. During one of these research programs on twelve individuals, the effect of this amino acid was compared to that of L-dopa and somatocrinine. L-dopa and somatocrinine are highly effective in increasing the release of growth hormone. L-arginine increases growth hormone release as strongly, or even stronger than, the other two substances. Athletes can rest assured that taking arginine to develop and strengthen muscle tissues, and to reduce body fat, will be successful. Natural sources of arginine include sunflower seeds, sesame seeds, whole grain bread, brown rice, oatmeal, popcorn, nuts, St. John's bread, desserts made with gelatin, and chocolate.

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