

L-Histidine HCl 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Histidine HCl (Hydrochloride) 500mg

Encapsulated with:

Capsule Shell (Gelatin), Anti-Caking Agent (Magnesium Stearate), Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
30

type
capsules

code
8313



Uses

Histidine is considered a non-essential amino acid for adults, however dietary sources of histidine probably account for most of the total found in the body. Histidine is used by the body to build proteins, and is also used as the precursor of the neurotransmitter, histamine, which is released by the body during allergic reactions.

- Used in the growth and repair of myelin sheath in nerve cells
- Used in the formation of red and white blood cells
- Can be converted to histamine so plays a role in allergic reactions and vasodilation – not recommended in allergy sufferers
- Can be used to increase gastric acidity instead of hydrochloric acid.

Usage and administration

1 to 6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

