

L-Lysine 1000mg

(Free-form)

Presentation

A white oval clear coated tablet.

Each tablet delivers:

L-Lysine HCl (Hydrochloride)	1000mg
providing:	
L-Lysine	800mg

Tableted with:

DiCalcium Phosphate, Cellulose, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8316



Uses

Lysine is an essential amino acid. Practitioners frequently recommend this particular amino acid during an attack of cold sores since it appears to inhibit the replication of the Herpes Simplex (Type I) virus. As lysine is most abundant in animal based foodstuffs such as meat, low dietary intakes are frequently seen in vegetarians.

- Essential amino acid, often denatured by cooking
- Can be low levels in vegans and vegetarians
- Important role in collagen formation along side proline, glycine, vitamin C and copper
- Works antagonistically to arginine to inhibit viral replication
- Lysine increases the bioavailability of iron.

Usage and administration

1 to 2 tablets 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.

