

L-Arginine

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Scientific Name:

2-Amino-5-guanidinopentanoic acid

Formula: $C_6H_{14}N_4O_2$

Classification: Essential Amino Acid

Literature & properties:

- L-arginine is an amino acid that helps the body to make proteins.
- It can be obtained naturally in the diet such as dairy products, meat, poultry, fish and nuts and it is also made in a laboratory.
- It naturally stimulates the release of other enzymes and hormones in the body, such as insulin.
- It suppresses oxidative stress and induces an antioxidant response.
- It shows the effect of anti-aging.
- It plays an important role in vision health due to its anti-inflammatory properties.
- It builds your immune system and increases the size of the thymus gland and manufactures body's T cells.
- It contributes to the production of creatine in the body.
- It is the main agent responsible for restoration and maintenance of human growth hormones.
- L-arginine supplementation helps in improving microcirculations in smokers i.e. it improves arterial performance in healthy smokers.
- It is an excellent moisturizing agent, it supports the barrier function of the skin and increase the skin's visible hydration levels.
- It can improve the performance of sports persons by enhancing their protein synthesis and tissue repair.

Uses:

- Lowering blood pressure
- Reducing the chest pain and Peripheral arterial disease(PAD)
- Treating erectile dysfunction
- L-arginine by IV can reduce blood pressure in pregnancy
- Used in treatment of Liver diseases
- Energy booster for sports person

Applications



Sports industry



Food & beverages



Cosmetic & Skin care products



Agriculture/
Animal Feed/
Poultry products