

22 reasons you should try arginine

The nitric oxide derived from arginine is directly or indirectly implicated in practically every cellular response and health condition imaginable, from the cardiovascular system to the immune system, and hormone function to nerve function. Although an exhaustive list of possible applications for the amino acid is not included, the following are the primary scientifically backed reasons that anyone—even healthy people—should consider adding arginine to their health and wellness regimen.

1 It is one thousand times more powerful than any naturally occurring antioxidant in the body. Arginine's antioxidant properties support various body systems and may protect against heart disease, stroke, cancer, and diabetes, as well as slowing premature aging.^{16,17}

2 It offers wide-ranging cardiovascular support, including controlling blood pressure^{18,19} and plaque formation. Nitric oxide keeps arteries relaxed and pliable for normal blood pressure, preventing hypertension and angina.²⁰

3 It enhances memory, particularly long-term memory,²¹ and may help to reverse the effects of dementia and Alzheimer's disease.²²

4 It boosts human growth hormone (HGH) production, which has anti-aging properties.²³

5 It enhances communication of messenger cells between nerves and the brain.²⁴

6 It may help improve immune function²⁵ and fight bacterial infections.²⁶

7 It may help in the treatment and prevention of diabetes since many disease complications, including poor circulation and blindness, are vascular in nature. Arginine is also found to regulate insulin secretion in the pancreas.^{27,28}

8 It may inhibit the division and proliferation of cancer cells.^{29,30}

The Cardiovascular Cure



Perhaps the most well-known health application for arginine is in the promotion of healthy cardiovascular function. In fact, even the FDA has approved its use for this purpose, but arginine's cardiovascular benefit is more than just preventive. Studies also support its use in the treatment and reversal of several cardiovascular conditions including high blood pressure⁴ and cholesterol,⁵ heart attack,⁶ stroke,⁷ heart failure,⁸ and atherosclerosis.⁹ Its potential in managing existing heart conditions makes it perhaps one of the most versatile supplements for cardiovascular health, especially when combined with other healthy habits such as a healthy diet and regular physical activity.¹⁰

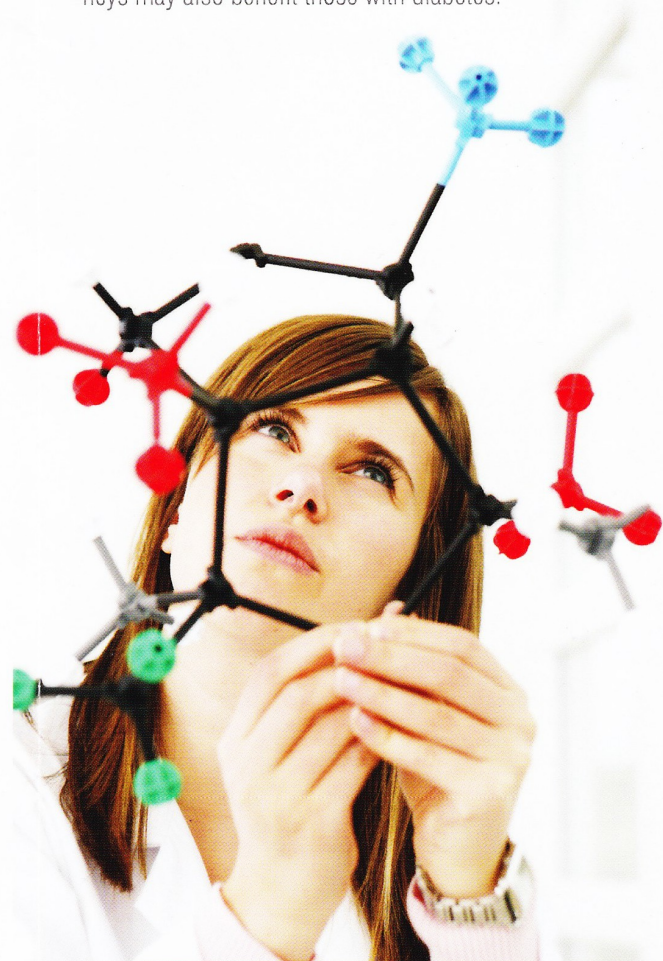
Sexual Performance



Close to 80 percent of cases of erectile dysfunction may have vascular causes, which makes nitric oxide the ideal treatment choice. There is a proven link between low arginine and NO levels and reduced sexual performance,^{11,12} and studies have found that arginine supplementation can treat ED.¹³ The nitric oxide available from arginine is a triple threat for erectile dysfunction. It improves the strength and duration of the erection while reducing the frequency of ED occurrences. Moreover, in ED sufferers with cardiovascular disease or diabetes, supplementation may also reverse ED-related damage.¹⁴

- 9** It helps with cholesterol control by lowering serum and LDL cholesterol levels.³¹
- 10** It enhances male sexual performance by treating vascular erectile dysfunction (ED).³²
- 11** Its anticoagulant abilities reduce clotting to lower heart attack and stroke risk.³³
- 12** It reduces pregnancy-related hypertension, a risk factor for both the expecting mother and the unborn child.³⁴
- 13** It is useful in the treatment of asthma by opening pulmonary pathways for easier breathing and the treatment of lung disorders.^{35,36}
- 14** It relaxes hypertonic sphincter muscles, preventing and healing hemorrhoids.³⁷
- 15** It boosts lean muscle mass and preserves bone density by encouraging HGH production,³⁸ which also leads to a reduction in fatty tissue. Because of these properties, it may be useful in weight management and strength training.
- 16** It can help offset cardiovascular and lung damage caused by tobacco use,³⁹ since nitric oxide levels in smokers are less than half of those found in non-smokers.⁴⁰
- 17** It helps to accelerate wound healing⁴¹ and post-surgery recovery.⁴² Research has shown it is useful in treating burn wounds⁴³ and stimulates wound healing in the elderly.⁴⁴
- 18** It may be useful in enhancing athletic performance due to its ability to boost exercise tolerance,⁴⁵ its beneficial effect on the lungs, and its effect on HGH levels, which helps with building lean muscle tissue.

- 19** It may be used to improve the function of the prostate.⁴⁶
- 20** It may prevent and possibly reverse the effects of osteoporosis by positively affecting bone mass.⁴⁷
- 21** It has been used in the treatment of irritable bowel syndrome⁴⁸ and to reduce the occurrence of ulcers—especially stress-related—without affecting gastric acid production.^{49,50}
- 22** It may improve renal function and slow the progression of renal disease and age-related chronic renal failure.^{51,52} Arginine's protective effect on the kidneys may also benefit those with diabetes.



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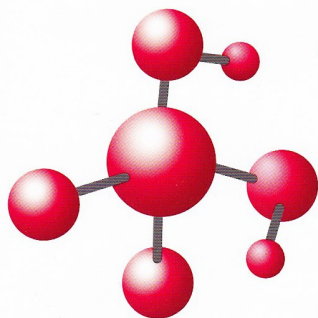
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It was called "molecule of the year"

by the American Academy of Science, it has been the topic of more than 20,000 medical studies since 1980, and groundbreaking research on its cardiovascular benefits led three American scientists to receive the Nobel Prize in Medicine in October 1998. This miracle molecule is nitric oxide, and its source is L-arginine, one of twenty-two naturally occurring amino acids.

Nitric oxide is involved in nearly every cellular response in the body through its interactions with the cardiovascular, immune and nervous systems, and it is directly or indirectly related to almost every major disease. Nitric oxide production decreases with age.¹ It also decreases as a result of medical conditions such as heart disease and diabetes, and can be negatively affected by taking certain prescription drugs, including antidepressants and blood pressure medications,² as well as alcohol and tobacco intake.³

Although arginine is available in dietary sources like fish and nuts, the primary source for most Americans is in high-fat, high-cholesterol red meat. For those who are looking to improve cardiovascular health and fight disease while following a healthy, low-fat diet, the best way to improve their nitric oxide profile may be taking an arginine supplement.

Cardiovascular Facts

- Cardiovascular disease is the number-one killer of both men and women, and is responsible for more deaths than the next nine causes combined.
- One stroke-related death occurs every three minutes.
- Half a million women a year are taken by heart disease, more than any other medical cause, including breast cancer.
- African Americans are twice as likely to suffer a heart attack or stroke.
- The biggest risk factors for coronary artery disease (CAD) include obesity, high blood pressure or cholesterol, diabetes, tobacco use, and a family history of the disease.
- Fourteen million Americans are currently living with CAD, and one in four are now at risk for developing the disease.
- Approximately 58 million Americans have hypertension, a leading cause of death and disability in the United States.¹⁵