

L-Lysine 500mg



Supplement Facts		
Serving Size: 1 tablet		
Amount Per Serving		
	Amount	% Daily Value
L-Lysine (HCl)	500 mg	*
* Percent Daily Values are based on a 2,000 calorie diet.		

Other ingredients: Dicalcium phosphate, cellulose, silica, vegetable magnesium stearate and vegetable stearic acid.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

SUGGESTED USE: 1 tablet taken 1 to 3 times daily between meals or as directed by a healthcare professional.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

L-lysine is an amino acid which is a building block of protein that is essential for health. It is an essential amino acid in human nutrition because the body cannot produce it; therefore, it must be taken in either by diet or supplementation.

It has antiviral activity and is one of the constituents of collagen and elastin. It also improves the absorbency of calcium in the intestines, and is a valuable component of hormonal proteins and it promotes bone growth. It also plays important role in the production of L-Carnitine, the nutrient that is needed to convert fatty acids into energy.