

# L-Lysine

This product contains 1.5 g of the amino acid lysine in each two capsule serving. It offers lysine in the free-form, meaning it is immediately available for absorption and can be put to metabolic use more readily and rapidly than the amino acids that are contained in dietary protein.

Lysine is necessary for healthy growth and tissue repair, and it serves a role in the normal production of antibodies, hormones and enzymes. It is involved in the formation of collagen, a substance critical for bones and connective tissues including skin, tendons and cartilage.

Lysine is considered an essential amino acid, meaning it cannot be made by the body and, thus, must be obtained through the diet and/or supplementation. Failure to attain adequate amounts of this essential amino acid can result in a degradation of the body's proteins, including muscle. Unlike fats and carbohydrates, the human body does not store excess amino acids for later use; therefore essential amino acids should be consumed every day for optimal health.

Lysine is abundantly found in red meat such as beef and pork, as well as other dietary protein sources. Consuming adequate amounts of lysine may be difficult for individuals with certain dietary restrictions. Athletes and vegetarians may have a difficult time achieving proper lysine levels.

## Energy and the Immune System

Lysine is a precursor of L-carnitine, an amino acid derivative needed to convert fatty acids into energy. In situations where L-carnitine is low, supplementation with lysine can help increase the body's production of L-carnitine, which will thereby assist with fatty acids being used more effectively for energy production. A deficiency in lysine can also affect the immune system since it is involved in the production of antibodies; thus lysine supplementation may help to support a healthy immune response.

**Recommended Use:** As a dietary supplement, take two capsules per day, or as directed by your health care practitioner.

## Lysine may be useful for:

- Supporting the immune system
- Individuals whose diets are insufficient in quality protein
- Bone, muscle and cartilage support
- Healthy growth and tissue repair
- Production of antibodies, hormones and enzymes



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).