



WWW.QNUTRAPHARMA.COM



**ESSENTIALS**

# L-LYSINE 500 mg

Free form essential amino acid.

## Nutritional Information

One Tablet provides:

L-Lysine HCl	625 mg
(Providing 500 mg L-Lysine)	

Take one to six tablets daily on an empty stomach or with a meal. Swallow with water.



## SUMMARY

---

- Medium strength
- Amino acid free form

## DESCRIPTION

---

L-Lysine is an essential amino acid that the body does not make. This means that adequate levels need to be obtained from food and supplementation. L-Lysine is a building block of protein, and is required for the synthesis of collagen, a vital structural component in the skin, bones and blood vessels. L-Lysine is used to prevent the outbreak of herpes lesions, such as those seen in cold sores and genital herpes. L-Lysine increases calcium absorption and supports the health of bones.

## HOW DOES L-LYSINE SUPPORT HEALTH?

---

### Cold sores and herpes

One of the most common reasons for L-lysine supplementation is the inhibition of herpes virus, especially HSV1 and HSV2. L-Lysine works in balance with the amino acid L-arginine. When the tissues are low in L-arginine and high in L-Lysine, HSV1 and HSV2 can not replicate. High L-arginine and low L-Lysine levels favour HSV viral replication. L-Lysine therefore decreases the occurrence of herpes simplex viral attacks and shortens the duration of attacks when they do happen. Multiple studies confirm the anti-herpes action of L-Lysine<sup>1,2,3</sup>.

### Collagen

L-Lysine is a constituent of collagen<sup>4</sup> which is found in all of the major structural components of the body including the skin, bones, teeth, gums and blood vessels. In order to effectively produce collagen, L-lysine needs to be abundant in the body. L-Lysine converts in the body into hydroxylysine, which is then glycosylated (sugars added). This occurs inside the lumen (intestines). Further reactions happen, and hydroxylysine is converted into procollagen and transported to specific parts of the cell (endoplasmic reticulum and golgi apparatus) for final processing.

### Bone health

L-Lysine is beneficial for the bones in two ways. The first being its involvement in the synthesis of collagen, a vital part of bone structure and strength. The second being its role in the absorption of calcium. One study looked at the role of L-lysine and calcium absorption and urine excretion. It concluded that L-lysine increases lumen (intestine) calcium transfer, and improves the renal conservation of the absorbed calcium. The combined effects may contribute to a positive calcium balance, thus suggesting a potential usefulness of L-lysine supplements for both preventive and therapeutic interventions in osteoporosis<sup>5</sup>.

### Irritable bowel syndrome

There is often a direct correlation between stress states and IBS symptoms. Studies have looked at the relationship between L-lysine and 5HTP and concluded that L-lysine blocked stress-induced faecal excretion and reduced the severity of diarrhoea<sup>6</sup>. It is theorised that L-lysine caused an increased rate of glycoprotein synthesis within the intestines. The gut lining is structurally protected by glycoproteins, however the exact role is currently unclear<sup>6</sup>.

## WHAT ARE THE BENEFITS OF L-LYSINE FORM?

---

There are three forms of lysine; L-lysine, D-lysine and DL-lysine. The differences are due to the way in which they chemically react to polarised light. L-Lysine is the natural form found in food, and D-lysine is synthetic only. L-Lysine is the most stable form of lysine and most biologically active.

## HOW SHOULD L-LYSINE 500 mg BE TAKEN?

---

Take one to 6 tablets daily on an empty stomach. Swallow with water.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING L-LYSINE 500 mg?

---

L-Lysine 500 mg is intended exclusively for adults and is not recommended for:

- Pregnant and lactating women,
- Children,
- Those with human immunodeficiency virus (HIV) or acquired immunodeficiency syndrome (AIDS).
- Those with kidney diseases.

## FEATURES

---

- Medium strength
- Natural L-lysine formula

## HEALTH NEEDS

---



SKIN, HAIR & NAILS



SPECIALIST  
HEALTH

## SCIENTIFIC REFERENCES

---

1. Dermatology 1987, Vol.175, No. 4
2. Oral Surg Oral Med Oral Pathol. 1984 Dec;58(6):659-66.
3. Acta Derm Venereol. 1980;60(1):85-7.
4. Essays Biochem. 2012; 52: 113-133.
5. Nutrition. 1992 Nov-Dec;8(6):400-5.
6. Proc Natl Acad Sci U S A. 2003 Dec 23; 100(26): 15370-15375.

