

PRODUCT INFORMATION



L-LYSINE

BASIC FUNCTIONS

Anti-viral, Overall variety of support in times of stress.

Lysine is an essential amino acid that plays a role in cell growth, carnitine synthesis and collagen formation. Insufficient levels of Lysine can lead to fatigue and/or lower body calcium levels. Clinically Lysine is commonly used to reduce the outbreak of Herpes Simplex Virus (HSV) or "cold sore" as this amino acid appears to prevent the replication of the virus, therefore reducing its ability to cause an infection (anti-viral) (Gaby AR, 2006). The absorption of calcium is also partly mediated by lysine which can reduce the possible risk of osteoporosis and will support the exercising muscles as they use calcium during muscle contraction. In addition, Lysine actually plays a role in the production of carnitine which is a fat enzyme responsible for turning fat into energy, therefore commonly used for fat loss (Hlais et al., 2012).

In people who exercise, the ingestion of Lysine appears to reduce salivary cortisol levels by working on the sympathoadrenal system which is involved in stress responses (Smriga et al., 2007). Furthermore it has been established that Lysine stimulates human growth hormone release from the pituitary gland (2008). This means that Lysine may assist people who are subjected to high levels of stress by possibly modulating the endocrine system in favour of growth hormone whilst providing anti-viral benefits against HSV (Unni et al., 2012, 2008). (Unni, et al., 2012, Vught et al., 2008)

Vught AJ., Nieuwenhuizen AG., Brummer RJ., Westerterp-Plantenga MS. 2008. Effects of oral ingestion of amino acids and proteins on the somatotrophic axis. J Clin Endocrinol Metab., 93, 584-90. Nov 20.

HLAIS, S., RESLAN, D. R., SARIEDDINE, H. K., NASREDDINE, L., TAAN, G., AZAR, S. & OBEID, O. A. 2012. Effect of lysine, vitamin B(6), and carnitine supplementation on the lipid profile of male patients with hypertriglyceridemia: a 12-week, open-label, randomized, placebo-controlled trial. Clinical therapeutics, 34, 1674-82.

SMRIGA, M., ANDO, T., AKUTSU, M., FURUKAWA, Y., MIWA, K. & MORINAGA, Y. 2007. Oral treatment with L-lysine and L-arginine reduces anxiety and basal cortisol levels in healthy humans. Biomedical research (Tokyo, Japan), 28, 85-90.

UNNI, U. S., RAJ, T., SAMBASHIVAIAH, S., KURIYAN, R., UTHAPPA, S., VAZ, M., REGAN, M. M. & KURPAD, A. V. 2012. The effect of a controlled 8-week metabolic ward based lysine supplementation on muscle function, insulin sensitivity and leucine kinetics in young men. Clinical Nutrition, 31, 903-910.

SIZE: 200 grams powder
FLAVOUR: Natural



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