



L-Arginine

- 1) L-arginine is an amino acid, that our bodies convert into a gas called Nitric Oxide (NO)
This called Arginine derived Nitric Oxide (ADNO)
- 2) We produce a small amount of Arginine naturally, enough whilst we are young under 30, as we age we need more, so we have to get it from foods, the foods that contain large amounts are in foods like red meat, shellfish, cheese etc. We would need to eat 3 x 8oz steaks per day. 50% or more of arginine from food passes through the body; it only gets converted into NO when it gets into the blood stream. So as we age we can become deficient in Nitric Oxide
- 3) Nitric Oxide makes the inner lining of the arteries to relax and expand allowing increased blood flow. It also removes plaque from the arteries and repairs arterial damage. It does many other things too many for this fact sheet. Do not get Nitric Oxide mixed up with Nitrous oxide which is laughing gas!
- 4) The 1998 Nobel Prize in Medicine was awarded for the discovery that Nitric Oxide is the signalling molecule that makes the arteries expand.
- 5) We need 5grams of arginine per day, we would need to take 10 x 500mg capsules per day, the absorption of capsules is poor so only half at best would be absorbed, so specially formulated supplements are needed, this has taken along time to develop as arginine in it's natural form has a terrible taste, to make it taste pleasant without destroying the properties has been challenging.
- 6) John Cooke author of "The Cardiovascular Cure" designed the first acceptable product called HeartBar.

Summary

The use of arginine supplementation is as simple as putting a scoop of Calgon in your washing machine. It is like having blockage in a fuel line in your car, it makes the engine stop, but the engine is not broken, just starved of fuel, same deal with a heart attack, the heart muscle is not broken just has no fuel. Keep a healthy supply of fuel and keeping the pipes in good order everything will work just fine. Also having good blood flow helps deliver all the other nutrients around the body, contrary to popular belief we are not "flesh & bone" we are in fact 75% fluid. So it is essential to do all we can to maintain a healthy blood supply.

