



# L-Lysine

by John Jones, MD, MPH

## Important Reasons to use L-Lysine:

- Can stimulate production of Human Growth Hormone (hGh)
- Lysine interferes with the replication of Herpes and related viruses.
- An essential amino acid that is often in short supply in the diet.

**Nutritional Requirements:** Lysine is an essential amino acid.

## What L-Lysine Does:

L-Lysine, one of 10 essential amino acids, is often in short supply in the diet. Each of these 10 must be present for proper body function. If one is in short supply then the functions of the body are limited by this Limiting Amino Acid.

When used in large doses alone (or in combination with some other amino acids), one is usually expecting specific results not related to normal body functions. For instance, many doctors use L-Lysine for Herpes because it stops viral replication by denying the virus arginine, another essential amino acid.

It has been shown that L-Lysine stimulates the production of hGH when taken before retiring. Arginine also has been used for this purpose. If a person is prone to a flare-up of Herpes, it is very important to take an off-setting dose of Lysine when Arginine is used to stimulate GH production.

## Suggested Use:

Herpes: 1500 mg. three times daily and taper the dose as symptoms subside. To stimulate production of growth hormone: 2 to 4 gm (4 to 8 tablets) at bedtime.

By John W Jones, MD, MPH

Nutritional Consultant for Nutrition Pure and Simple

[www.jjconsulting.net](http://www.jjconsulting.net)

## **Supplement Facts:** Serving Size: 1 Tablet, Servings per Container: 240

Each tablet contains 500 mg L-Lysine. Other Ingredients: calcium carbonate, microcrystalline cellulose stearic acid, magnesium stearate.

Suggested Use: One daily or as directed by a health care professional

*The ingredient in this product is supplied by well respected USA and/or European vendors and is analyzed for purity and quality..*

## How L-Lysine is Supplied:

VMLY bottles of 240 tablets

## Related Product: L-Arginine



Phone: 888.953.5553

[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*