



**Nutritional support for immune function, muscle health and tissue repair**

#### APPLICATIONS / BENEFITS

- Supports production of antibodies, hormones and enzymes
- Promotes protein synthesis and tissue repair
- Provides bone, muscle and cartilage support
- Maintains nitrogen balance in the body

#### OVERVIEW

**Patient One L-Lysine** supplies 500 mg per capsule of the essential amino acid Lysine HCl. Because the human body does not make lysine, it must be obtained through diet and/or supplementation. Obtaining insufficient amounts of this amino acid can lead to degradation of the body's proteins, including muscle. Since amino acids cannot be stored by the body for later use, they should be consumed daily for optimal health.

Dietary proteins, particularly red meat such as beef and pork, contain lysine. Vegetarians, athletes and those with certain dietary restrictions may have difficulty achieving proper lysine levels.

Lysine provides nutritional support for the body's natural immune defenses, including maintaining healthy gum and lip tissue. It is necessary for healthy growth and tissue repair and is involved in the normal production of antibodies, hormones and enzymes. Lysine supports the formation of collagen, a protein that is vital for bones and connective tissues, including skin, tendons and cartilage. Lysine has also been shown to assist calcium absorption, providing potential support for healthy bones.

As a precursor of the amino acid derivative L-carnitine, lysine supplementation can play a supporting role in situations where L-carnitine levels are low. By supporting increased production of carnitine, lysine can assist with helping the body convert fatty acids into energy.

#### REFERENCES

1. Ghosh, Shibani et al., Effect of lysine supplementation on health and morbidity in subjects belonging to poor peri-urban households in Accra, Ghana. *Am J Clin Nutr.* 2010 Oct;92(4):928-39. doi: 10.3945/ajcn.2009.28834.
2. Singh, Meenu et al., Medicinal Uses of L-Lysine: Past and Future. *Int. J. Res. Pharm. Sci.*, 2(4), 2011, 637-642
3. Kagan C. Letter: Lysine therapy for herpes simplex. *Lancet.* 1974 Jan 26;1(7848):137. doi: 10.1016/s0140-6736(74)92374-5. PMID: 4130340.
4. Tfelt-Hansen, Peer. (2000). The effectiveness of combined oral lysine acetylsalicylate and metoclopramide (Migpriv) in the treatment of migraine attacks. Comparison with placebo and oral sumatriptan. *Functional neurology.* 15 Suppl 3. 196-201.

# Supplement Facts

**Serving Size:** 1 Capsule

**Servings Per Container:** 120

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## Amount Per Serving

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L-Lysine HCl	500 mg*
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\* Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), microcrystalline cellulose, calcium palmitate

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule, 2 to 3 times daily as a dietary supplement, preferably between meals, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 [info@patientoneformulas.com](mailto:info@patientoneformulas.com) [patientoneformulas.com](http://patientoneformulas.com)

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788



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