



## **L-ARGININE KEY POINTERS**

- **1.** L-Arginine helps in the synthesis of creatine which provides energy during high intensity exercise.
- 2. L-arginine transforms into nitric oxide which widen up the blood vessels and thus increases blood flow into the fatigued muscle and supports faster muscle recovery.
- **3.** The widened blood vessels increases the flow of blood into the muscles and thereby improves muscle endurance.
- **4.** Increased blood flow causes the muscles to look fuller and pumped up.
- **5.** The widened blood vessels increases the flow of blood, which facilitates blood circulation to the demanding tissues.



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## **L-ARGININE** The Nitric Oxide Production



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