

# L-arginine

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The scientific community has studied arginine's vast array of health benefits for many years. Most recently, in 1998, a team of researchers and doctors won the Nobel Prize in Medicine for their research on Arginine-derived nitric oxide (ADNO) and its role in maintaining cardiovascular health. Nitric oxide, a molecule produced in the body by its conversion from arginine, keeps blood vessels open, elastic and functioning properly.

Since cardiovascular disease is our nation's number one cause of death - killing more people than the next nine leading causes of death combined – such research has understandably been the focus of a great deal of interest in both the scientific community and the public at large.

Heart disease kills more women in the United States than any other single cause, including breast cancer.

Indeed, arginine is most well-known for its role in cardiovascular health – but its importance doesn't stop there. ADNO has been cited in the medical research as having the following benefits:

- In controlling high blood pressure and heart function
- In reducing serum cholesterol and plaque formation
- In promoting release of the anti aging human growth hormone (HGH)
- In helping immune system cells kill infection and stop some cancer cells from dividing
- In improving memory function
- In stimulating erections in men with erectile dysfunction

Over 14 million Americans suffer from coronary artery disease, with another 60 million considered “at risk” – 1 out of every 4 adults.

The American Heart Association has identified six factors that may indicate a greater risk of developing heart disease:

- If you have diabetes
- If you smoke ( or have smoked in the past)

- If you have high blood pressure
- If you have high cholesterol
- If you are seriously overweight (which includes six out of every ten people in the USA)
- If anyone in your family has a history of heart disease

Extensive clinical data indicates that oral arginine supplementation is beneficial in maintaining a healthy level of nitric oxide in the body.

Forty-two percent of all deaths in the USA are directly related to disorders of circulation.

Arginine is generally marketed as a dietary supplement, and the Food and Drug Administration (FDA) restricts claims to those associated with supporting a healthy cardiovascular system. However, medical studies of arginine's role in the management of existing cardiovascular conditions provide substantiation in support of supplement claims. Discussion of these studies is intended solely to describe the substantiation underlying dietary supplement claims and is not meant to influence or affect the intended use of arginine dietary supplement products.