



L-Lysine

Stock #1631-4 (100 capsules)

Lysine is an essential amino acid necessary for proper growth, enzyme production, protein synthesis, tissue repair, collagen formation, and the production of the amino acid, carnitine. Lysine assists calcium absorption, and helps maintain healthy functioning of the mammary and pineal glands and ovaries. Typical symptoms of lysine deficiency include cold sores, fever blisters, and stomach ulcers.

Lysine has been shown to inhibit the growth and replication of the herpes simplex virus (types I and II). This virus results in persistent outbreaks of a cyclical nature, recurring more frequently due to increased levels of stress or prolonged exposure to the sun. Following initial transmission and outbreak of sores, the herpes virus accumulates in nearby nerves and spinal ganglia, which offer protection against circulating antibodies. In essence, the herpes simplex virus is considered by some researchers as ganglionitis, as each recurrent case of herpes outbreak begins in the ganglion cells, traveling down the nerves to cause an eruption on the skin or mucus membrane.

Herpes simplex type I can cause cold sores and fever blisters to break out on the lips, inside the mouth and nostrils, and even on the eyelids and fingers, while type II results in genital sores. The herpes simplex virus has also been connected with the cause and proliferation of cancer, including lymphoma. Herpes simplex type II has been identified as one of the causes of cervical cancer.

Lysine has also been found to inhibit the virus responsible for outbreaks of shingles (herpes zoster) and assists in the treatment of measles, which is related to the herpes virus. Lysine supplementation, along with vitamin C, may aid treatment of certain viruses, including adenovirus I and II, cytomegalovirus (CMV), rubella (German measles), varicella (chickenpox), and variola (smallpox). Research shows sustained, relatively high doses of lysine have been effective in increasing the length of time between herpes outbreaks or entirely eliminating such outbreaks.

Lysine occurs naturally in beans, beef, brewer's yeast, cheese, chicken, eggs, fish, milk, pork, potatoes, and tofu, and in the herbs, comfrey and fenugreek. Lysine is easily damaged by heat and is therefore, not present in processed foods.

Most nutritionists recommend 500-1,000mg of lysine daily to prevent or reduce herpes simplex outbreaks, and 1,000mg three times daily at the initial signs of acute recurrence. This same dosage has also been used for chronic Epstein-Barr virus infections (a virus belonging to the herpes family). To inhibit cases of shingles, 2,000-3,000mg of lysine daily is most often recommended.