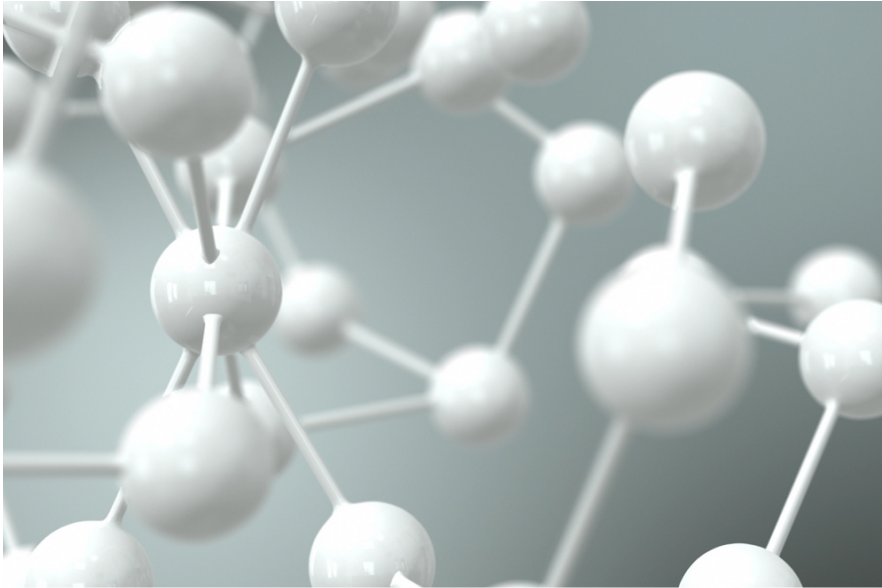




L-Arginine



Overview

This is an amino acid that our bodies need to be healthy. Amino acids are the building blocks of protein, and protein is found in all our cells. L-arginine is known for helping to dilate blood vessels.

How we get it

How do we get L-arginine? Our bodies actually make it for us. But we also get it from other sources. It's in many protein-rich foods, like fish, meat and nuts. It's in dairy products, soy and beans. You can also get it by eating whole grains.

Health benefits

What are the benefits of L-arginine? Well, because it can dilate blood vessels, it may be helpful for some people who have issues with their heart and circulatory system. It may also help men who have some types of erectile dysfunction. More study is needed.

Conclusion

To find out more about the role L-arginine plays in your health, talk to your doctor.