

False Side Effects of L-Arginine

L-arginine may lower blood pressure because it is involved in the formation of nitric oxide. It may also result in indigestion, nausea, and headache. **Yes, arginine lowers blood pressure...that is the good news for the 73 million people suffering from hypertension. I never had a case in 10 years where someone not on blood pressure meds had lower than normal blood pressure. Yes, it can cause indigestion, nausea and headaches as well as joint pain, rashes, and loose stools. This is called a "Healing Crisis" the body experiencing flu-like symptoms because it is healing itself.**

L-arginine should not be used following a heart attack. If you have a history of heart disease, consult your doctor before taking L-arginine. **This is based on one study and the patients were not given enough arginine, no citrulline and no anti-oxidants. There have been literally thousands of studies showing arginine, when administered properly, is very effective for people who have suffered a heart attack.**

Higher doses of arginine can increase stomach acid, so it may worsen heartburn, ulcers, or digestive upset caused by medications. Arginine appears to increase stomach acid by stimulating the production of gastrin, a hormone that increases stomach acid. **Yes, for about 5% of the population, but all they have to do is eat some carbohydrates when taking the arginine.**

L-arginine may also alter potassium levels, especially in people with liver disease. People with kidney disease and those who take ACE inhibitors or potassium sparing diuretics should not use supplemental L-arginine unless they are under professional supervision. It may also alter the levels of other chemicals and electrolytes in the body, such as chloride, sodium, and phosphate. **This goes against all the information in Pub Med, which shows that arginine is the best form of an ACE Inhibitor. The pharmaceutical ACE Inhibitors actually will lead to renal failure. Arginine derived nitric oxide is considered one of the best electrolytes for helping the heart establish a normal rhythm. People taking diuretics or diabetes medication must know that these medications remove fluids and electrolytes from the body and can lead to Sudden Cardiac Death (SCD). Arginine does not alter the electrolyte balance but actually enhances it.**

Arginine may increase blood sugar levels, so it shouldn't be used by people with diabetes unless under a doctor's supervision. **Yes, for some people there might be a small rise before the number drops. Doctors have to stop treating the number and begin treating the condition. Arginine derived nitric oxide reverses arteriosclerosis and atherosclerosis, which are the conditions that will bring on heart failure, stroke, blindness, kidney failure and amputations.**

Pregnant and nursing women and children should not use supplemental L-arginine, as its safety has not been established. This is a general catch all warning; however, I have had a multitude of pregnant women take it...including the President of the company for 2 pregnancies. How can something that does so much good in the body be bad for a baby. Women still smoke, drink alcohol, drink caffeine, and take prescription drugs as well as over the counter medications all of which go directly to the baby. What is wrong with the baby getting an increase in blood flow and oxygen?

People with genital herpes should not take L-arginine because it may aggravate their symptoms. Yes, this actually pertains to all forms of herpes including shingles. People who have these conditions must take 500 mg of lysine daily and if at first sign of an outbreak increase it to 1000 mg 3 times per day. 85% of Americans have some form of herpes, though cold sores are the most common. Remember...arginine does not cause an outbreak...a weakened immune system does...like lack of sleep, cold or flu, or dealing with a lot of stress. Arginine can exasperate the outbreak, but keeping the lysine/arginine balance can keep this in check.