

24 Benefits of L-arginine

The nitric oxide derived from arginine is directly or indirectly involved in almost every cellular response and health condition there is, from the cardiovascular system to the immune system and hormone function to nerve function. The following is certainly not a complete list of benefits that this amino acid can provide, but these are the primary – and scientifically backed – reasons that everyone, both healthy and unhealthy, should consider adding L-arginine to their wellness plan.

1. L-arginine is 1,000 times more powerful than any naturally occurring antioxidant in the body. Its antioxidant properties are beneficial for various body systems and may provide protection against heart disease, stroke, cancer and diabetes, as well as slowing the aging process.
2. It provides many benefits for the cardiovascular system, including increasing production of nitric oxide by the endothelium. This keeps your arteries more elastic, which in turn aids with blood flow and lowering blood pressure. It also helps to relieve angina.
3. It can improve memory, especially long-term memory, and may help to reverse the effects of dementia and Alzheimer's disease.
4. It may help in the treatment and prevention of diabetes since many complications associated with diabetes, including poor circulation and blindness, are related to the vascular system. L-arginine has also been found to regulate insulin secretion in the pancreas.
5. It has been shown to improve prostate function.
6. It boosts human growth hormone (HGH) production to normal levels, which provides anti-aging benefits.
7. It improves communication of messenger cells between nerves and the brain.
8. It may help improve immune function and fight bacterial infections.
9. It may inhibit the division and proliferation of cancer cells.
10. It helps lower LDL and serum cholesterol levels.
11. It can improve male sexual performance by treating vascular erectile dysfunction.
12. It has anticoagulant abilities that can reduce clotting, which lowers heart attack and stroke risk.
13. It reduces high blood pressure related to pregnancy, a risk factor for both the expecting mother and unborn child.
14. It is useful for treating asthma by opening pulmonary pathways to make breathing easier and treating lung disorders.
15. It relaxes overly tight sphincter muscles, preventing and healing hemorrhoids.
16. It promotes lean muscle mass and preserves bone density by aiding with HGH production, which also leads to fatty tissue reduction. It may be a useful component in weight management and strength training.
17. It can help counteract cardiovascular and lung damage caused by tobacco use, since nitric oxide levels in smokers are less than half of those found in non-smokers.
18. It helps speed up wound healing and recovery following surgery. Research has shown it is helpful in treating burn wounds and stimulates wound healing in older people.
19. It may be beneficial for improving athletic performance due to its ability to boost cardiovascular endurance, its positive effect on the lungs, and its effect on HGH levels, which aids in building lean muscle tissue.
20. It may prevent and possibly reverse the effects of osteoporosis by increasing bone density.
21. It has been used to treat irritable bowel syndrome (IBS) and to reduce the occurrence of ulcers, especially those caused by stress, without affecting gastric acid production.
22. It may improve renal function and slow the progression of renal disease and age-related chronic renal failure.
23. L-arginine may benefit diabetics due to its protective effect on the kidneys.
24. Studies have shown that L-arginine is beneficial when treating peripheral artery disease (PAD).