

# L-Arginine Provides Cardiovascular Health Answers

## Landmark study shows arginine delivers substantial improvement for cardiovascular patients

Many people know that heart disease is a prevalent problem, but most don't realize how severe the problem really is—cardiovascular diseases are the number one killer of both men and women in America today.

Even more sobering is the fact that most health experts now say that heart disease can largely be avoided by adopting a healthier lifestyle. Today's lifestyle makes that easier said than done; however, recent research offers real hope for those struggling with cardiovascular health challenges.

### The Need to Support Heart Health

Have you ever wondered how your cardiovascular system—with its many miles of blood vessels and capillaries, countless red blood cells, and one beating heart at the center of it all—really works? This complex arrangement of components must be finely tuned to carry out their various roles. One critical component that helps keep the system operating correctly is nitric oxide (NO), a key signaling compound that allows your cardiovascular system to function at its best.

### Nitric Oxide Research Leads to Nobel Prize

Recently emerging on the health and science scenes, nitric oxide was identified and its primary role in cardiovascular health explained in research that won the Nobel Prize for Medicine in 1998. Since then, a substantial body of new research has come forward to validate the incredible potential benefits of nitric oxide.

"Nitric oxide is a powerful vasodilator, which means it helps relax and expand the blood vessels and arteries," says Joseph Prendergast, MD, a renowned endocrinologist. "In turn, this helps regulate blood pressure and enhance blood flow."

The process of producing and using NO is a delicate one, so if NO levels are deficient, then blood vessels lose their elasticity, which places more strain on the heart and creates a susceptibility to cardiovascular problems. There's a reason that the research revealing NO's benefits won the Nobel Prize, says Dr. Prendergast. It's obvious that NO production in the body lays the groundwork for vastly improved cardiovascular wellness and vitality.

### L-Arginine at the Heart of Cardiovascular Health

Nitric oxide cannot be taken directly because of its short half-life. Instead, its production needs to be stimulated through the consumption of certain amino acids such as arginine and citrulline, which the body then converts to nitric oxide. These nutrients can markedly boost production of NO. The increase

in nitric oxide production by nutritional supplements, such as L-arginine, can help promote immune function, improve sexual response, increase HGH activity and many other cellular functions.

### **Landmark Study Demonstrates Arginine's Heart Benefits**

As mentioned earlier, research focusing on arginine and nitric oxide won the Nobel Prize in 1998. Now, a remarkable study from the High Desert Heart Institute in Victorville, California, backs up those findings with extremely impressive findings of its own.

"Our study shows that L-arginine, especially if used in a carefully formulated blend, can deliver dramatic benefits when it comes to protecting the heart and arteries, and even reversing certain conditions," says the study author and renowned cardiologist, Dr. Siva Arunasalam.

The study incorporated three dozen patients, all of whom were suffering from some form of advanced cardiovascular dysfunction. Researchers administered a regimen of a high-quality L-arginine supplement over a period of 90 days. What the research team found was amazing.

Dr. Arunasalam points out that in several key areas of cardiovascular function, the study subjects experienced significant improvement in every area. These included blood pressure, cholesterol levels (both HDL and LDL), inflammatory response, and blood sugar levels.

### **Study Opens Door for Future Research**

The results from the High Desert Heart Institute study illustrate several important points. First, it shows that L-arginine can produce potent effects for good within the body. It also shows that other cardiovascular-friendly nutrients that were contained in the blend, such as citrulline and resveratrol, can synergistically boost arginine's benefits.

"Incorporating a premium-grade arginine product that contains other nutrients that support arginine's activity can have a tremendous effect on one's cardiovascular function," says Dr. Arunasalam. "For those with cardiovascular challenges, this is very welcome news."

### **Make a Difference—Use Arginine**

Undoubtedly, the High Desert Heart Institute's research stands out for its impressive findings regarding L-arginine and cardiovascular health. But this study is likely just the first of many to show what a carefully crafted arginine product can do for the heart.

And arginine's benefits don't begin and end with the heart. Research overwhelmingly demonstrates that a high-quality arginine blend can protect many of the body's major systems and functions. And Dr. Arunasalam is the amino acid's biggest fan. "If you wanted to do only one thing to make a real difference in your overall wellness, using an arginine blend product would be a terrific choice."

## **STUDY OVERVIEW**

### **Study Name: Benefits of an arginine-based nutritional supplement in hospitalized heart failure patients: preliminary results**

The following information provides a summary of the results of the recent High Desert Heart Institute study and its participants:

**NO. OF PATIENTS:** 35

**AVERAGE AGE:** 68 yrs

**CONDITION OF PATIENTS:** Most suffered from serious cardiovascular conditions or diseases related to poor cardiovascular health.

**LENGTH OF STUDY:** 90 days

**TREATMENT:** A superior-quality L-arginine cardiovascular health supplement.

**KEY FINDINGS:** Triglycerides: 39% Decrease  
HDL Cholesterol in Men ("good" cholesterol): 18% Increase  
HDL Cholesterol in Women: 34% Increase  
Fasting Blood Sugars: 16% Decrease  
Vitamin D3: 303% Increase  
Systolic Blood Pressure: 13% Decrease  
Diastolic Blood Pressures: 17% Decrease

**NOTES:** Co-morbidities such as hypertension, diabetes, and chronic kidney disease improved significantly. Because these patients had already been receiving aggressive medical therapy at the Institute, these findings with L-arginine are even more impressive.