

L - lysine

What is it?

Lysine is an essential amino acid that can be obtained through our diet or from supplements. It is most commonly used to prevent and treat herpes outbreaks. It is important in collagen production and has been shown to inhibit herpes viruses in the lab.

How much should I take?

The recommended dosage of L lysine is 500mg 2-3 times daily. In conjunction with taking Lysine, you should avoid a diet high in Arginine containing foods such as chocolate, nuts and dairy. High Arginine diets can make herpes worse.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Diarrhea and abdominal pain have been reported as rare side effects, but in general this product is tolerated well.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!