

# TOTAL ARGININE

**Ingredients:** Each tablet supplies: Vitamin C 40 mg, Vitamin B-6 10 mg, Vitamin B-12 75 mcg, Folic Acid 50 mcg, Magnesium (as malate) 8 mg, Zinc (as chelate) 2mg, L-Arginine 500 mg, Lemon Bioflavonoids 40 mg, Alpha Lipoic Acid 10 mg, Ginkgo Biloba Extract 10 mg, N-Acetyl Cysteine 10 mg, L-Citrulline 20 mg, Rehmannia Glutinosa (Sheng Di Haung) 50 mg, Catuaba (Golden Trumpet) 50 mg, Morinda Officinalis (Baji Tian Morinda) 50 mg, Salvia Miltiarrhiza (Dan Shen Salvia) 50 mg.

**Supportive Function:** This formula provides comprehensive nutritional support for increased circulation and libido

**When is circulation support helpful?** Male & female health: male & female erectile dysfunction, libido, endocrine balance, etc.

**Clinical Applications/Research:** Arginine is a precursor for nitric oxide, which is essential to dilate blood vessels, allowing adequate blood flow to all tissues and organs, the heart, and to erectile tissues in both men and women. One of arginine's major benefits is increasing circulation all over the body. In animal studies, arginine reduces cholesterol and atherosclerosis. It is necessary for the male's production of sperm and comprises 85% of seminal fluid. Supplementation improves sperm count and quality and aids fertility. Arginine deficiency delays sexual maturity in both sexes and impairs the liver's metabolism of fat. Taken on an empty stomach before sleep or 1 hour before vigorous exercise, arginine supplementation stimulates growth hormone production, which enhances the building and toning of muscle tissue and an enhanced immune response. It facilitates weight loss, reduction of body fat, and increases muscle mass. Arginine helps increase the size and activity of the thymus gland, aids in liver detoxification by neutralizing ammonia, and is involved with the production of the pituitary's vasopressin. It is important to endocrine balance in both men and women. It stimulates the production of insulin and improves glucose tolerance. Arginine has beneficial effects on an overall sense of well-being, wound healing, and tissue repair.

**Bioflavonoids** help protect cholesterol from oxidative damage that potentially leads to blocked arteries and capillaries which can restrict blood flow to male and female erectile tissues and heart. Bioflavonoids protect and potentiate vitamin C's roles as a major constituent of the prostate, the seminal vesicles, and prostatic fluid.

**Alpha Lipoic Acid** enhances glucose conversion for cell protection, maintenance, and rebuilding. In diabetes, cells starve from unconverted glucose resulting in diabetic complications to tissues and organs. Lipoic Acid protects against capillary damage. Lipoic Acid helps regenerate and recycle other antioxidants, especially C, E, and glutathione. It protects against arterial plaque and oxidative damage to LDL cholesterol. It helps neutralize toxins in alcohol and tobacco smoke, and to mobilize and detoxify heavy metals. Lipoic Acid protects the liver from alcohol damage, enhances glucose disposal in adult onset Type II diabetes, improves insulin sensitivity, and protects against diabetic complications of nerve damage. It has been shown to improve nerve blood flow, reduce oxidative stress, improve distal nerve conduction, and improve reduced levels of deficient glutathione and deficient E in the nerves of diabetics. It binds with the DNA of

some viruses and prevents replication. Supplements have been shown to improve neuropathy and reduce nerve pain. (Ley BM, *The Potato Antioxidant, Alpha Lipoic Acid*, New York: BL Publications, 1998.)

**Ginkgo Biloba Extract** helps enhance circulation for all body tissues including male and female erectile tissues. It helps lower blood pressure and inhibits blood clotting, which are factors that can affect potency. In one study of patients who did not respond to traditional drug therapy, Ginkgo Biloba Extract increased penile blood flow and restored potency within six months. *Caution:* should not be combined with Warfarin and other blood thinning drugs.

**N-Acetyl Cysteine** protects against damage caused by cigarettes and alcohol, including the prevention of hangovers and liver and brain damage. It is important in heavy metal detoxification. Heavy metals can be factors in erectile dysfunction. Cysteine is important in the formation of many essential compounds, including niacin, biotin, Co-enzyme A, lipoic acid, glutathione, glucose tolerance factor, insulin, and digestive enzymes. In chronic illness, methionine conversion into cysteine is impaired.

Supplementation increases the levels of glutathione, which has anti-aging effects

**Vitamin B-6** aids in the prevention of arteriosclerosis, promotes the formation of DNA-RNA, is needed for formation of hydrochloric acid and proper absorption of proteins and fats.

**Zinc Chelate (Elemental):** Zinc is needed for prostate gland function and reproductive organ growth in both men and women. Zinc supports the concentration of vitamin E in the system that promotes circulation. Deficiencies are associated with impotence, infertility, BPH, prostatitis, prostate cancer, and high cholesterol levels.

**Vitamin B-12** is needed for the proper digestion of food and absorption of nutrients. B-12 helps maintain fertility, cell formation, and the metabolism of carbohydrates and fats.

**Folic Acid** is necessary for energy production, the production of DNA-RNA, and may alleviate depression and anxiety, which can impair achieving and maintaining erections.

**Vitamin C**, a major constituent of the prostate, the seminal vesicles, and prostatic fluid, is a powerful antioxidant that protects other antioxidants helping to promote arterial health and preserve blood flow to erectile tissues.

**L-Citrulline** is a precursor to both arginine and ornithine, is necessary for muscle metabolism, stimulates the immune system, and facilitates the release of growth hormone. Supplementation alleviates fatigue and enhances energy.

**Rehmannia Glutinosa (Sheng Di Haung-Rehmannia)** helps regulate blood glucose levels, improves glucose tolerance, strengthens the heart, enhances energy, helps restore suppressed immune function, aids recovery time after illness, and helps improve

cognitive functions. ( Miura T et al, "Antidiabetic effect of seishin-kanro-to in KK-Ay mice," *Planta Med* Aug 1997; 63(4):320-2; Luo ZH, "The use of Chinese traditional medicines to improve impaired immune functions in scald [sic] mice," *Zonghua Zheng Xing Shao Shang Wai Ke Za Zhi* Jan 1993; 9(1):56-8; Watanabe H, "Candidates for cognitive enhancer extracted from medicinal plants: paeoniflorin and tetramethylpyrazine," *Behav Brain Res* Feb 1997; 83(1-2):135-41.)

**Catuaba (Trichilia Catigua)** has been long used in Brazil as an herbal aphrodisiac for impotence, to enhance libido in men and women, and as a tonic to the central nervous system. Modern research suggests that catuaba has potent and long lasting vasodilating and vasorelaxant effects on the corpora cavernosa, which promotes full blood flow to the penis for a firm erection. (Chian Sing, *Cura com Yoga e Plantas Mediciniais*, Rio de Janeiro: Freitas Bastos, 1979; van Straten M, *Guarana: The Energy Seeds and Herbs of the Amazon Rainforest*, Essex, England: C. W. Daniel Company, Ltd., 1994; Taylor L, *Herbal Secrets of the Rainforest*, 2nd edition, NY: Sage Press, Inc., 2003; Antunes E,

“The relaxation of isolated rabbit corpus cavernosum by the herbal medicine Catuama and its constituents,” *Phytother Res* Aug 2001; 15(5): 416-21).

**Morinda Officinalis (Ba Ji Tian-Morinda)** helps raise testosterone levels for both men and women, enhances WBC count, and has anti-stress benefits. Morinda has been shown to have anti-fatigue, antidepressant and antioxidant effects, as well as normalizing blood sugar levels. (Li YF et al, “Antistress effect of oligosaccharides extracted from Morinda officinalis in mice and rats,” *Acta Pharmacol Sin* Dec 2001; 22(12):1084-8; Qiao ZS et al, “Comparison with the pharmacological actions of Morinda officinalis, Damnacanthus officinarum and Schisandra propinqua,” *Zhong Xi Yi Jie He Za Zhi* Jul 1991; 11(7):415-7, 390; Cui C et al, “Antidepressant active constituents in the roots of Morinda officinalis How,” *Zhongguo Zhong Yao Za Zhi* Jan 1995; 20(1):36-9, 62-3; Soon YY & Tan BK, “Evaluation of the hypoglycemic and anti-oxidant activities of Morinda officinalis in streptozotocin-induced diabetic rats,” *Singapore Med J* Feb 2002; 43(2): 077-85.)

**Salvia Miltiorrhiza (Dan Shen-Salvia)** significantly increases blood flow to the heart, brain, penis, clitoris, and other tissues. Salvia reduces high blood pressure, platelet aggregation, and reduces voluntary consumption of alcohol. It also protects against alcohol damage by preventing the absorption of alcohol through the GI tract. Salvia has potent antioxidant properties that protect against lipid peroxidation, has a broad range of antibacterial effects against Gram-positive bacteria, and may have a positive effect on HIV viral replication. (Huang YT et al, “Hemodynamic effects of Salvia miltiorrhiza on cirrhotic rats,” *Can J Physiol Pharmacol* Jul 2001;79(7):566-72; Kang DG et al, “Anti-hypertensive effect of water extract of danshen on renovascular hypertension through inhibition of the renin angiotensin system,” *Am J Chin Med* 2002; 30(1):87-93; Makino T et al, “Effects of Kangen-karyu on coagulation system and platelet aggregation in mice,” *Biol Pharm Bull* Apr 2002; 25(4):523-5; Carai MA et al, “Potential use of medicinal plants in the treatment of alcoholism,” *Fitoterapia* Aug 2000; 71 Suppl 1:S38-42; Jiang ZS et al, “Effect of salvia miltiorrhiza composita on superoxide dismutase and malonyldialdehyde in treating patients with non-insulin dependent diabetes mellitus (NIDDM),” *Zhongguo Zhong Xi Yi Jie He Za Zhi* Jan 1997; 17(1):32-4; Lee DS et al, “Antibacterial activities of cryptotanshinone and dihydrotanshinone I from a medicinal herb, Salvia miltiorrhiza Bunge,” *Biosci Biotechnol Biochem* Dec 1999; 63(12):2236-9; Abd-Elazem IS et al, “Isolation of two highly potent and non-toxic inhibitors of human immunodeficiency virus type 1 (HIV-1) integrase from Salvia miltiorrhiza,” *Antiviral Res* Jul 2002; 55(1):91-106.) **Caution:** should not be combined with Warfarin or other blood thinning drugs.

**Magnesium Malate (elemental)** helps prevent the calcification of soft tissue, protect the arteries from stress damage, and prevents cardiovascular disease, which can restrict blood flow to the heart and sexual organs. Malate helps promote aerobic glycolysis, the most efficient mode of energy production for maintenance and repair of organs.

**Suggested Dosage:** 1 tablet 3 times daily or as directed.

**Size:** 90 tablets

**Vegetarian:** Yes

**Contraindications:** Some people may be sensitive to arginine; people with herpes viral infections, schizophrenia, or iron overload disease or during pregnancy/lactation should not take this product. Contraindicated with blood-thinning drugs.