



## Guide to L'Arginine and its benefits

### What is L'Arginine?

L'Arginine is an amino acid, amino acids are building blocks of life it'self. There are 22 amino acids that make up the human body, they are made up of 2 types ESSENTIAL AND NON ESSENTIAL. Essential means they must be obtained by diet, non essential means they need not be obtained by diet. L'Arginine is different from this due to the fact that we make a small amount in our bodies, we then have to obtain the rest from diet. L'Arginine is often referred to as a SEMI ESSENTIAL amino acid.

This sounds all straight forward, but it is not quite as simple as that. The problem is not that there are not many foods that contain Arginine but the ones that do are also the ones we should be trying to avoid! They are foods like red meat, cheese, shell fish for example. As we need at least 5 grams of L'Arginine per day we would need to eat 3 x 8oz steaks!! Not the sort of thing a we or your GP would recommend

### What can we do?

In 1998 The Noble Prize in medicine was awarded to Three US scientists—Robert F. Furchgott, PhD, Louis J. Ignarro, PhD, and Ferid Murad, MD, PhD for their discoveries concerning "the nitric oxide as a signalling molecule in the cardiovascular system". Because the amino acid L'Arginine is solely responsible for the production of nitric oxide in the body, the research behind the Nobel Prize has enabled us to understand an entirely new level of significance regarding this nutrient. So the L'Arginine is converted into nitric oxide gas, Arginine derived Nitric Oxide (ADNO).



## Nitric Oxide (NO) The Magic Bullet!

L-Arginine is so powerful at improving cardiovascular function that it is being called a ***magic bullet for cardiovascular health*** (Columbia University). The benefits of the Nitric Oxide pathway are numerous. It's main function is as a Vasodilator, which simply means it helps keep your arteries open and maintains their "Teflon-like -texture so blood can flow normaly. For people with diabetes, high cholesterol, high blood pressure, being over weight or with a family history of heart Disease and especially smokers, there is a decrease in Nitric Oxide production, this then causes the inner lining of the arteries to lose it's Teflon-like -texture and become more like "Velcro" eventually causing sticky platelets and potential obstruction of the arteries. By increasing Nitric Oxide levels the first thing we can achieve is to prevent things getting worse, then over time and with regular use it has been shown to start to bring the arteries back to a normal and safe level. And with the use of Pulse wave analysis we can monitor the changes.

So Just take Arginine Pills Right?

No wrong! As we are now 10 years on from this amazing discovery, if like us you might be thinking what has been the problem. Well it has not been easy that is for sure, as mentioned before we need 5grams per day minimum, so that would mean taking 10 x 500mg pills per day! It is not what you want to be doing especially if you are already taking prescription medication, even if you decided to take pills we would only absorb around half of these pills so not a good option. The other problem has been is that L'Arginine has a terrible taste, to try and disguise the taste and not destroy the Arginine has been very challenging.



The author of "The Cardiovascular Cure" book John P Cooke PhD M.D was one of the first people to invent a powdered formula that was effective, since then there have been various attempts to formulate a product that was easy to take and convenient to use. We have developed Tech-NO in a powdered form and it is one of the most powerful formulations on the market today. Tech-NO delivers the full 5grams of L'Arginine and many other heart healthy ingredients that will give our bodies the tools to fight cardiovascular disease.

### Summary

L'Arginine is one of the most powerful nutrients ever discovered, it's applications are many fold but other areas include, boosting your immune system, wound healing, stopping blood platelets becoming sticky and healthy Sexual function to name a few.