

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.

New ProArgi-9+ Study

A new ProArgi-9+ study, conducted at the High Desert Heart Institute in Victorville, CA, measured the effectiveness of L-arginine on lactic acid buildup during high-intensity exercise.

What is Lactic Acid?

Lactic acid, known as lactate, is a natural byproduct in the body when there is insufficient oxygen present during energy (ATP) synthesis. This is most noted by a burning sensation in the muscles during high-intensity exercise. This serves as a natural defense mechanism for the body, as it prevents permanent damage during extreme exertion where an oxygen deficit is present.

The presence of lactic acid in tissue leads to muscle fatigue and decreases muscle performance.

Study Design

Siva Arunasalam, M.D., President and attending cardiologist at the High Desert Heart Institute, selected a test group consisting of 10 healthy subjects, ranging from 22-60 years of age.

Hypothesis: If L-Arginine increases muscle blood flow, then there will be less lactic acid accumulation. The result of less lactic acid accumulation would therefore increase endurance and decrease muscle recovery time.

The L-arginine supplement chosen for this study was ProArgi-9+ Active.

All subjects participated in exercise that required maximum output, with and without ProArgi-9+ Active. The subjects who did not take the supplement prior to exercise were identified as the control group.

Lactic acid was measured at four different intervals; pre-workout, immediately post-workout, 15 minutes post-workout, and 30 minutes post-workout.

When ProArgi-9+ Active was consumed, the supplement was administered 60 minutes prior to exercise.

Study Results

The results of the study were significant for healthy individuals who participate in vigorous, high-intensity exercise and consume ProArgi-9+ Active.

Graph 1

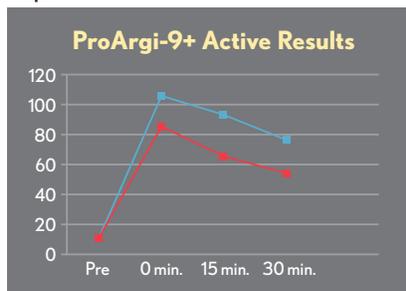


Table 1

Subject	Control (min)	ProArgi-9+ Active (min)
1	18	23
2	29	36
3	40	46
4	20	25
5	9	11
6	9	11
7	28	32
8	14	17
9	56	64
10	39	43



As noted in graph 1, the control group experienced a significantly larger buildup of lactic acid immediately following exercise, 15 minutes post-workout, and 30 minutes post-workout.

Within the hypothesis, Dr. Arunasalam stated that if less lactic acid accumulation was the result, then endurance would also increase.

Outlined in table 1, Dr. Arunasalam's endurance hypothesis proves valid. In fact, it was observed that subjects, who consumed ProArgi-9+ Active 60 minutes prior to exercise, were able to workout at maximum output 15% longer than the control group.

Dr. Siva Arunasalam further explained that while this study focused on the use of ProArgi-9+ with healthy individuals during high-intensity exercise, the use of this product can provide a similar benefit for people of all activity and health levels.

For individuals just starting to exercise, lactic acid will build up sooner and quicker than those who have been consistently active for an extended period of time. By using ProArgi-9+, L-arginine will optimize blood flow to the muscles and as a result, enhance activity, increase endurance, and decrease muscle recovery time.