

# THE SMALL SUPPLEMENT WITH GREAT BENEFITS

L-Lysine is an essential amino acid, which means that the body needs it but does not produce it on its own. It's important for normal growth and muscle turnover and is also used to form carnitine, a substance found in most of the cells of your body. What's more, it helps transport fats across your cells to be burned for energy.

L-lysine is the form of lysine your body can utilize. It's naturally found in food and is the type used in supplements.

## LYSINE - WHEN AND HOW

While most people use Lysine when they have mouth sores, L-Lysine is a great supplement with many health benefits that can be taken all year round. You can use 1 or 2 capsules daily as a maintenance dose, and can go up to 4 capsules daily for an extra short-term boost when necessary.



### **BENEFITS OF LYSINE:**

#### The Mouth Sore Lifeline

Cold sores, fever blisters or canker sores are symptoms of an infection, often appearing on the lip or the corners of your mouth. They appear as fluid-filled blisters that can cause discomforts such as tingling, pain and burning. Taking L-Lysine may prevent sores from forming in the first place, and once a wound is already present, may speed up healing. In addition, it may prevent the recurrence of mouth sores.

#### Aids Calcium Absorption

Lysine may help the body hold on to calcium. It's believed that lysine increases calcium absorption in the gut and helps the kidneys hold on to the mineral. Additionally, Lysine appears to protect the bones and may also play a part in controlling where calcium is transported to in the body.

#### Wound Healing

Lysine is also required for the formation of collagen, a protein that acts as a scaffold and helps support and give structure to skin and bones. Additionally, Lysine itself may also act as a binding agent, thereby increasing the number of new cells at a wound. It may even promote the formation of new blood vessels.

Wound healing is a complex process that requires different minerals, vitamins and other factors. Lysine appears to have an invaluable role, and without adequate lysine, wound healing is impaired.

Lysine is found in foods that are naturally high in protein, particularly meat and dairy products, and also in smaller amounts in plant foods.



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