

# Arginine-500 Capsules with B vitamins

Nutrition supplement

### Good to know:

Arginine belongs to the 20 amino acids that contribute to development of proteins. From a nutritional science point of view, arginine is now classified as a semi-essential amino acid. This means that although the human body can synthesise it from other amino acids, under certain conditions this synthesis is not sufficient to meet requirements. The vitamins B6, B12 and folic acid give extra support. Vitamins B6 and B12 contribute towards the development of red blood cells. Folic acid has a role to play in cell division and contributes towards synthesis of amino acids and normal production of blood.

#### Ingredients:

L-Arginin (77 %), Gelatin, filler Calcium Carbonate, Corn Starch; separating agent Magnesium Stearate, Vitamin B6-Hydrochloride, Folic Acid, Vitamin B12.

Each Herbafit Arginine-500 capsule with B vitamins contains 500 mg pure L-Arginine.

#### **Recommended use:**

Swallow 2-3 capsules twice per day with sufficient liquid.

This product is not suitable for pregnant women, nursing mothers, persons under the age of 18 and persons who have suffered a heart attack.

Persons taking medication to thin the blood, to increase potency or medication containing nitrates should consult a doctor before taking this product.

	per capsule	per daily dose (=6 capsules)	% of the recommended daily dose according to NRV*
L-Arginine	500 mg	3000 mg	**
Vitamin B6	1 mg	6 mg	429
Folic Acid	100 µg	600 µg	300
Vitamin B12	1 µg	6 μg	240

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

Keep out of direct sunlight. Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

## Contents 300 capsules = 192 g

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