



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



ALC arginate

What Is It?

ALC arginate is an innovative acetyl-L-carnitine arginate complex. Acetyl-L-carnitine is present in human sperm and seminal fluid and L-arginine is a nitric oxide precursor, providing potential support for male reproductive health. Acetyl-L-carnitine is also a precursor for the neurotransmitter acetylcholine. Combined with the vascular support properties of arginine, this complex may also help promote healthy cognitive function.*

Uses For ALC arginate

Male Reproductive Health: Acetylcholine plays an important part in energy metabolism, which may support healthy sperm motility and spermatogenesis, or sperm production. Some but not all research involving L-arginine supplementation for sperm motility has produced positive results. As a nitric oxide precursor, L-arginine may support healthy sexual performance in some men.*

Cognitive Function: An acetyl-L-carnitine arginine complex supported healthy neuron viability in a cellular in vitro experiment. In the same study, the acetyl-L-carnitine arginine complex was able to help maintain calcium homeostasis in nervous system cells stimulated with glutamate, preserving healthy cerebellar cell function. In a separate study, acetyl-L-carnitine arginine demonstrated potential support for maintaining healthy central nervous system function by promoting healthy neurite function. Neurites are the hair like projections of neurons, or nervous system cells, responsible for proper signal transmission. The acetyl group from acetyl-L-carnitine (ALC) is also responsible for production of acetylcholine, an important neurotransmitter for optimal mental functioning.*

What Is The Source?

ALC arginate is synthetically produced.

Recommendations

Pure Encapsulations recommends 2-3 capsules daily, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Because of its effect on nitric oxide production, arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders, and kidney or liver disease. Arginine is contraindicated for individuals with the herpes virus. Gastrointestinal upset and skin rash have been reported in some sensitive individuals supplementing with acetyl-L-carnitine.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

ALC arginate

each vegetable capsule contains



acetyl-L-carnitine arginate dihydrochloride500 mg.
2-3 capsules per day, in divided doses, between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.