

## **L-Arginine: For A Healthier Heart and a Healthier You**



To have a healthy body, you will need to take care of your heart. This is essential. After all, the heart is one of the main organs of our body which will ultimately dictate our life spans and how we can go on with our daily lives.

Fortunately, there are many components that are said to contribute to better cardiac health and overall well-being. And L-arginine – a semi-essential amino acid – is one of those vital components.

So, the question now is: what is L-arginine? How can it actually help us achieve better health?

To know the answer to these questions, please read on...

### **L-Arginine and Your Heart**

L-arginine is a nutrient produced by our bodies that actually holds very important functions. Without this nutrient, we will most probably encounter several health problems, ultimately affecting not only our hearts but other body organs as well (such as the kidney and liver).

Take note: although L-arginine is naturally produced in our body, there are some instances wherein this component is not produced in the right amounts, which in turn, can result to the health complications that we are constantly dreading about.

### **To make things clearer, here are some of the heart health benefits of L-arginine:**

- Improved blood circulation
- Reduction of chest pains and angina
- Prevention of clogged arteries
- Prevention of coronary heart disease
- Reduced blood pressure
- Relief from leg pains due to blood clots
- Prevention of Pre-eclampsia (high blood pressure in pregnant women)
- Other heart-related problems

One of the main reasons as to why L-arginine is able to bring about these heart health benefits to people is the fact that it is an effective vasodilator – which means that it dilates your veins in a way that will help more blood to flow.

Accordingly, this can result to regulated blood pressure and can help in de-clogging arteries. Of course, this can lead to a healthier heart as well.

### **L-Arginine and Your Body**

Aside from the heart, L-arginine also offers benefits to other vital body organs as well. What are they? Let's discuss them one by one:



**It Helps Maintain Balance in the Body –** there are certain instances when the wastes in our bodies accumulate, due to disorders relating to urea production and waste removal. L-arginine helps in restoring balance in the body through the effective production and breakdown of certain proteins, thereby helping your body get rid of excess wastes and other harmful components.

#### **It Helps In Wound Healing –**

L-arginine can actually be quite useful in treating wounds, most especially for those who are suffering from malnutrition, health problems and severe burns. Through this helpful component, wounds will heal quickly, thereby reducing the risks of infection and more serious problems.

#### **It Helps Build Muscle Mass –**

L-arginine helps the body to produce creatine – a protein needed for building muscle mass. It also helps in getting rid of creatinine – the waste product of creatine production.

Hence, with the proper amount of L-arginine in your body – you'll be able to build your muscles more effectively and at a quicker pace. Note: this is one of the reasons why the bodybuilding industry promotes creatine and L-arginine supplements.

#### **It Helps Regulate Growth –**

There are some studies showing that erratic, irregular and excessive growth can be attributed to L-arginine deficiency. However, no conclusive results have been released about this yet – but many are attesting that this component actually helps boost certain hormones in our body, including those that affect growth.

Here are some additional health benefits of L-arginine, as claimed by its proponents:

- Retains the production and functionality of hormones



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- Boosts the immune system
- Helps kidneys in effectively removing wastes in the body
- Prevents common colds, headaches and migraines
- Helps treat dementia
- Weight loss
- Other health benefits

### **L-arginine and Sex**

Yes – L-arginine has been found to help resolve sexual issues as well. How? This is in light of this component's ability to dilate blood vessels.

Just like in the heart, L-arginine actually promotes blood circulation to a person's sexual organs. Being so, this component will make it easier for a man to obtain erection (and maintain it) – which is why it is suggested for men who are (and are not) suffering from erectile dysfunction.

Another advantage of L-arginine for sexual issues is that it actually lowers the stimulus threshold for arousal. What this means is that you'll be able to reach arousal at a quicker pace, which will also increase the response rate of the clitoris (for women) and penises (for men). Hence, this component can actually be quite helpful for both males and females who are looking to have better sexual health.

### **Where Can You Find L-arginine?**

As mentioned earlier, this nutrient is actually produced by our bodies. However, there are some factors (such as lifestyle, food intake, illnesses, disorders, etc.) that may negatively affect how it delivers results.

In order to ensure that you are getting the right amount of L-arginine in your body, you can opt to take in the following:

- Dairy products
- Meat
- Poultry
- Fish
- Nuts
- Plant and animal proteins

Take note: if you are looking for a more potent and more effective way of getting that much needed L-arginine into your body, then you might want to take a look at the Dalvia Wellness L-arginine (fruit punch flavour).



Yes – with this latest outing from Dalvia Wellness, users can reasonably expect to reap all the health benefits of L-arginine – ranging from a healthier heart, lowered cholesterol levels, better sex drive and many other advantages.

The Dalvia Wellness L-arginine comes in powdered form, which means you can adjust your dosage according to your needs. However, it is suggested that you consult a doctor first before making a purchase, in

order to know the proper amounts you should be taking in.

Another aspect worth noting is the fact that this product was created with the highest standards. It complies with the strictest industry regulations and was specifically made with you, the end-user, in mind.

Oh, and one more thing: unlike other similar products – the Dalvia L-arginine comes in a tasty fruit punch flavour! Being so, you can easily ingest it, without having to worry about any bland aftertaste later on. All you need to do is drink up and enjoy its health benefits afterwards.

Indeed, if you are looking to have better health and overall well-being the natural and effective way – then the Dalvia Wellness L-arginine powdered drink is the choice for you. What are you waiting for? Drink up for a better heart and a healthier you!

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