

Cyto·Lysine

300 grams of stable L-lysine powder. Indicated for the management of herpes simplex virus, collagen synthesis, energy production and calcium absorption.

Each scoop contains:

L-Lysine (L-Lysine monohydrochloride)

1.5g



300 grams powder

Vegan and fermented. GMO, gluten, soy and dairy free.

Lysine is an essential amino acid with a critical role in the synthesis of connective tissues such as bone, skin and collagen. It also possesses potent anti-viral actions and acts as a key player in cellular energy production.

Lysine is most known clinically for its ability to suppress the activity of the herpes simplex virus (HSV). It appears to do so by inhibiting the absorption and actions of arginine, the amino acid necessary for HSV to replicate. Multiple research trials have found that **lysine** supplementation can reduce the frequency, severity and duration of HSV lesions, especially when combined with a low-arginine diet. Anecdotally, **lysine** can also be used for the acute treatment of HSV lesions.

Lysine's ability to generate cellular energy is based on two biochemical actions. First, it serves as the precursor for the amino acid carnitine, which is well-known as the "shuttle" system for long-chain fatty acids to enter the mitochondria of the cell. Once inside mitochondria, fatty acids can be used for ATP production. At the same time, **lysine** is actually needed to make acetyl-CoA, which is responsible for delivering acetyl groups into the Krebs' cycle for energy production.

Supplementation with **lysine** may also have a number of other physiological and clinical benefits. For example, **lysine** supplementation can improve calcium retention through increased digestive absorption and reduced

Key points

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- 1.5 grams per scoop
- 300 grams per container

urinary excretion, suggesting a role in osteoporosis. It has also been shown to significantly reduce the recurrence of canker sores, despite not changing the duration or severity. Finally, Dr. Linus Pauling famously reported success in ameliorating symptoms of angina pectoris with the addition of lysine to high dose vitamin C in a number of case reports.

Cyto-Lysine is a part of the Cyto-Matrix powder series, providing 1.5 grams of stable L-lysine per scoop. Individual amino acids in a powder delivery allow for personalization, dose-specificity and quick-acting results with your patients.

Related products

Cyto-Arginine
Cyto-Glutamine
Cyto-Glycine
Cyto-Taurine
Cyto-Tyrosine

Non-Medicinal Ingredients: None

Indications: An amino acid that helps in the formation of collagen.

Directions: Adults - Take 1-2 scoops per day or as directed by a healthcare professional. Mix product well in 1-2 cups of liquid (water, juice, etc.) immediately before consumption.

Duration of use: Consult a healthcare professional for use beyond 6 months.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant, breastfeeding, or following a low protein diet