

Lohas Program
Happy Growth
Amino Acid



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Lohas Program - Happy Growth	
Composition L-lysine, L-arginine, bilberry extract, L-cysteine, ionized calcium	
Capsule composition Gelatin, sodium lauryl sulfate, potassium aluminum silicate-based pearlescent pigment, purified water, glycerin	
Content 500 mg, 60 capsules	
Advice on usage Two to four capsules a day, on an empty stomach or before a meal. Taking more does not help.	
Primary Features and Purposes 1. Helps children grow 2. Boosts calcium absorption 3. Enhances sports performance and stamina	
Precautions 1. Keep in a place away from direct exposure to sunlight and high temperatures or humidity. 2. Use in pregnant or lactating women and children under the age of 3 is not recommended. 3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.	

Nutrition Facts		
Per serving	1 g (2 capsules)	
This package contains	30 servings	
	Per serving	Daily reference percentage per serving
Calories	4 Kcal	0 %
Protein	1 g	2 %
Fat	0 g	0 %
Saturated fat	0 g	0 %
Trans fat	0 g	*
Carbohydrates	0.04 g	0 %
Sugar	0 g	*
Na (sodium)	0 mg	0 %

Primary Composition and Features

L-Lysine

Lysine is a basic and essential amino acid that cannot be synthesized by the human body and has to be ingested from dietary or nutritional supplements. It exists in a majority of foods rich in protein, such as fish, meat, Legumes, and dairy products. Its content is low in grains, however. It is a grain restricted amino acid.

Lysine can boost calcium absorption, synthesize muscle protein, expedite recovery from surgery or sports injuries, and produce important hormones, enzymes, and antibodies for the body. The daily demand for lysine among adults is 12-45 mg/kg. When it is impossible to ingest an adequate amount from the diet, Adequate ingestion of lysine supplements is a suitable way to keep one healthy.

√ **Boosts calcium absorption**

Lysine can increase the absorption of calcium in the intestines and retain calcium inside the body, reducing the amount of calcium lost through urine. It helps keep calcium balanced and has the potential to prevent against and slow down osteoporosis. Arginine, it can more effectively boost the activity of bone forming cells and increase the formation of collagen to according enhance bone strength.

√ **Helps with growth and development**

Lysine can help with the development of bones and the formation of muscle protein and help the body produce important antibodies, hormones, and enzymes. Without lysine, tardive growth and development is likely.

√ **Enhances sports stamina**

Lysine can effectively help with the formation of collagen and boost the growth of muscle protein. Collagen is the backbone of skin, muscle, and joints; it is crucial to

the repairs of the connective tissue. Therefore, adequately supplementing lysine helps enhance the sports stamina and expedite recovery from sports injuries.

L-Arginine

For healthy adults, arginine is a non-essential amino acid; for growing people, however, the amount synthesized internally is insufficient to meet the physical demand. Without arginine, growth is inhibited and hence it is a semi-essential amino acid. When traumatized or under pressure, arginine inside the body drops significantly, making it conditionally essential amino acid at a time like this. Supplementing arginine hence helps abate dissimilation inside the body and boost immunity.

Arginine is present in foods that are rich in protein. The animal sources include dairy products, beef, pork, chicken and seafood while botanical sources are wheat, nuts, seeds, among others.

Arginine is the precursor to the synthesis of NO, ornithine, proline, glutamine, polyamines, creatine, agmatine, and protein. It plays an important role in nutrition and physiological metabolism.

Synthesis of Nitric Oxide (NO)

Most of the physiological features of arginine originate from the action of NO. NO is a cell signaling molecule. It is generated from arginine going through several different types of nitric oxide synthases (NOSs). It exercises different functions depending on where it is generated:

√ Promotes secretion of growth hormone

Arginine can boost the secretion of growth hormone inside the body. A high dose of arginine (10 g/day and above) can boost the amount of growth hormone secreted and exercise the effect of correcting growth delay. Arginine is the raw material for the synthesis of creatine inside the body. Creatine can boost formation of lean meat and reduce the ratio of adipose tissues. It has also been proven in animal studies to be capable of boosting the formation of muscle.

√ **Delays fatigue from sporting**

Arginine is the intermediate product in the urea cycle. It has been found in studies that arginine can enhance urea circulation to increase the metabolism of ammonia into urea and elimination outside the body. The synthesis of NO, on the other hand, can boost local blood flows, expedite the elimination of lactic acid and ammonia. For patients with cardiovascular disease, it can delay generation of fatigue from sporting and enhance sports performance. Its effect on well-trained athletes, however, is relatively less obvious.

Advice on usage

Indication

- As part of general care
- Teenagers

Suggested dosage

Two to four capsules a day, on an empty stomach or before a meal. Taking more does not help.

- **Daily care:** It is advised to take 1 capsule in the morning and in the evening, respectively.
- **To help children grow:** It is advised to take 2 capsules 30 minutes prior to sleep.

Contraindications and Side Effects

1. Lysine can help with absorption of calcium. Without a doctor's instructions, do not take it together with calcium supplements or food that is high in calcium in order to avoid too much calcium in the blood and development of hypercalcemia symptoms such as nausea, vomiting, abdominal or bone pain, muscle relaxation, and memory loss.
2. Lysine and arginine are safe for most people at the suggested dosage; nausea, abdominal pain, diarrhea, and allergy, among other side effects, however, might occur under rare circumstances.
3. Avoid use in patients with kidney disease, high-cholesterol population, and patients with a history of gallstones.
4. Administration is prohibited for the two weeks before and after surgery in order to prevent against hypotension.

Precautions

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3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.