

Research-based information on health

Arginine – an amino acid

- The building block of proteins
- From food, as a supplement and produced in the body
- The human body cannot use animal-based arginine
- Strong research evidence of the benefits of supplementary arginine

Learn more: *Arginine and Health I: Arginine – The Basics*

Arginine and circulation

- A source material for nitric oxide
- Part of the vasodilation process
- Supplementary arginine increases energy levels and promotes recovery
- Effective aid for athletes

Arginine and Health II: Arginine and Circulation

Arginine and the immune system

- Vital for the immune system
- Improves immune response
- Helps prevent recurring illnesses
- Speeds up recovery

Arginine and Health III: Arginine and the Immune System

Arginine and the nervous system

- A source material for nitric oxide
- Vital for the parasympathetic nervous system
- Helps stop the stress cycle
- Reduces the health hazards of long-term stress
- Improves the quality of sleep

Arginine and Health IV: Arginine and the Nervous System

Arginine and liver function

- Vital for the urea cycle
- Arginine deficiency is an underlying factor in many health problems
- Supplementary arginine promotes liver health
- Most effective when used at the early stages

Arginine and Health V: Arginine, the Liver and Mitochondria

Arginine and exercise

- Strenuous exercise consumes arginine
- The overtraining syndrome is connected to arginine deficiency
- Supplementary arginine improves endurance and well-being
- Supplementary arginine works best when combined with exercise

Arginine webinars and videos

Arginine and Health is a series of popular scientific publications that discusses the health effects of the amino acid arginine. The series offers easily understandable research-based information about the role of arginine in promoting good health without medicine. The series also explores the importance of arginine for various target groups.

Jyrki Penttinen, MD, PhD, is responsible for the scientific content of the series. Dr Penttinen has conducted medical research on arginine since the 1990s; the information in this publication series is based on a broad spectrum of medical research appearing in peer-reviewed publications.

Hannele Penttinen, our second author, is an experienced pedagogist with a background in sociology and science communication. She specializes in making science easy to understand.

The Arginine and Health publication series

- Arginine and Health I: Arginine - The Basics (2017)
- Arginine and Health II: Arginine and Circulation (2018)
- Arginine and Health III: Arginine and the Immune System (2021)
- Arginine and Health IV: Arginine and the Nervous System (publication scheduled for December 2021)
- Arginine and Health V: Arginine, the Liver and Mitochondria (publication scheduled for May 2022)

The Arginine and Health publication series is available in our online shop at www.arginineinfo.net, on Google Play and at the Amazon Kindle store.

Arginine videos and webinars

You can watch videos about arginine on our website at www.arginineinfo.net. Our upcoming topics include, for example:

- Arginine and promoting health
- Arginine and exercise
- Arginine and the immune system
- Arginine and stress tolerance
- Arginine deficiency

We also offer arginine webinars to order. Our webinars are typically designed to reach about 100–500 attendees, but we can also offer webinars for larger audiences.

In 2021, we are also offering free webinars. You can find the dates and times of these webinars on our website at www.arginineinfo.net.

If you have any questions, please don't hesitate to contact us by email at info@arginineinfo.net.

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