

L-Histidine

Essential nutrient need

- ESSENTIAL FOR TISSUE REPAIR AND GROWTH



L-Histidine is an essential amino acid for infants. Most of our histidine must come from our diets, but small amounts can be synthesized from glutamic acid and carnosine in adults.

Histidine has anti-inflammatory properties. It is the only amino acid found to be consistently low in the blood of those with rheumatoid arthritis. Low levels of histamine are common in the sinovial (lubricating) fluid of the joints. Those with rheumatoid arthritis patients should avoid alcohol consumption.

Histidine can convert to histamine, which is a major neurotransmitter in your brain and throughout parts of your nervous system. However, histidine intake does not always increase brain histamine. Low brain histamine levels are associated with hyperactivity, mania, paranoia, and hallucinations.

Vitamin E deficiency will cause the depletion of histidine from muscles. Histidine is involved with the regulation of zinc levels in your body. If zinc is excessive it will lower histidine; if histidine is excessive it will decrease zinc levels. But appropriate levels of histidine enhance zinc levels.

L-Histidine enhances wound healing, essential for tissue growth and repair, and is helpful with rheumatoid arthritis. It is important for red blood cell health. Deficiency will cause decreased hemoglobin & hematocrit, ultimately leading to anemia. L-Histidine also helps store glucose in your liver and when converted to histamine is the chemical responsible for triggering orgasms. Histamines play a major role in regulating ejaculations and orgasms and is a vasodilator, which allows blood to flow to the genital areas more easily.

L-Histidine is one of the nine essential amino acids which are necessary for balanced nutrition and good health.

Each vegetable capsule contains:

L-Histidine 500 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicone dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Yeast, corn, wheat, sugar, salt, starch, milk, egg, artificial colour or flavour, chemical additive, preservative, animal or fish derivative.

Suggested use:

As a dietary supplement, take 1 capsule daily with meals.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com*