Lysine
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What is it? Why do we need it?

Lysine is an essential amino acid. It is different from other amino acids in that it contains two amino groups, which react with other substances to create charged compounds. Although the body does manufacture some lysine, it doesn’t produce an adequate supply. so it must be obtained through a proper diet.

Lysine provides the structural components for the synthesis of proteins, which precedes the synthesis of fatty acids. It plays an important role in the development of a person’s growth by regulating the absorption of calcium, and also plays a role in the formation of collagen.

Lysine supplements are used to treat herpes infections; studies have found that lysine can decrease the speed of recovery and prevent future infections from occurring. Some studies have shown that lysine may be helpful in treating cardiovascular disease, osteoporosis, arthritis, angina, and mood disorders.

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Lysine can be taken in proper dosages to treat herpes trigeminal neuralgia and postherpetic neuralgia. Lysine has not been found to be effective for the prevention or treatment of these infections.

How much lysine should I take?

According to the National Research Council, the following doses of lysine are recommended:

- Children: 0-2 years: 4 milligrams per kilogram of body weight per day
- Children: 2-5 years: 12 milligrams per kilogram of body weight per day
- Children: 5-12 years: 20 milligrams per kilogram of body weight per day
- Adolescents and adults: 30 milligrams per kilogram of body weight per day

What are some good sources of lysine?

Good sources of lysine include meat (particularly red meat), cheese, poultry, legumes, nuts, eggs, and soybeans. Other sources include foods like yeast, dried and salted cod, peas, and soybean flour. Lysine is found in many foods, including milk, cheese, eggs, nuts, and soybeans. It can also be found in supplements.

What can happen if I take too much lysine?

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What can happen if I don't get enough lysine?

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