

L-Histidine HCl 500 mg 30 Capsules

EAN: 5055148410957 FABRICANTE: LAMBERTS



L-Histidine HCl 500 mg. Free form. Non-essential amino acid. Histidine is used by the body to make proteins and more.

DESCRIPTION

Amino acids are used by the body to build proteins.

Proteins are essential for the formation of cells, and are also linked to the biochemical structure of hormones, enzymes, neurotransmitters and antibodies.

Amino acids are classified as essential or non-essential. Essential amino acids cannot be synthesized in the body and must be obtained through diet, while non-essential amino acids, although extremely important for health, can be synthesized in the body and are therefore not classified as “essential.”

LAMBERTS[®] amino acids are in “free form”, that is, they are ready to be absorbed and used by the body (they do not need to be digested).

Histidine is considered a non-essential amino acid for adults, however dietary sources of histidine (meat, fish and dairy products) probably account for the majority of the total found in the body.

Histidine is used by the body to make proteins and also as a precursor to the neurotransmitter histamine, which is released by the body during allergic reactions. Histidine is involved in the regulation and utilization of several essential minerals in the body, including zinc, copper, manganese and iron.

LAMBERTS[®] L-Histidine HCl is in free form, ready to be absorbed by the body without needing to be broken down by digestive enzymes.

White powder in a clear hard capsule.

Each capsule provides:

L-Histidine HCl 500 mg

Disintegration time:



L-Histidine HCl 500 mg 30 Capsules

EAN: 5055148410957 **FABRICANTE:** LAMBERTS



Less than 30 minutes.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

This product is not recommended for children, growing adolescents, or pregnant or nursing women.

Instructions for use

Take 1 capsule daily with water or fruit juice.

Amino acids are best taken half an hour before any meal or just before going to bed.

Do not exceed the expressly recommended daily dose.

One container lasts: 30 days max.

