

**SUGGESTED USAGE:** Take 2 capsules daily as needed, preferably with juice or water on an empty stomach, before exercise or at bedtime.

Arginine & Ornithine combines two complementary amino acids in one convenient supplement. Arginine is required for proper elimination of urea from the body, which occurs through a critical metabolic cycle that detoxifies the body of nitrogen compounds that are normal by-products of protein metabolism.\* Ornithine is synthesized from arginine and is a precursor of citrulline, proline and glutamic acid.\* Both of these amino acids are popular with athletes and other active individuals.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Caution:** For adults only. Do not use if history of myocardial infarction or established coronary artery disease. Consult physician if pregnant/nursing, taking medication, or have a medical condition (including herpes and/or glaucoma). Keep out of reach of children.

Code 0042CN v7



# ARGININE & ORNITHINE

## 500 MG / 250 MG

### AMINO ACIDS



**250 VEG CAPSULES**  
A Dietary Supplement



## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 125

### Amount Per Serving

L-Arginine (Free-Form)	1 g (1,000 mg)**
L-Ornithine (from 644 mg L-Ornithine HCl)	500 mg**

\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

Store in a cool, dry, dark place after opening.