

# L-arginine Supplement And Ed

## What Is L-arginine?

L-arginine is an amino acid that is found in many foods, including meat, fish, and dairy products. It is also found in the body, where it is used to produce nitric oxide, a molecule that helps relax blood vessels and improve blood flow.

L-arginine is also used to produce growth hormone, a hormone that helps stimulate growth and development. It is also used to produce creatine, a molecule that helps improve muscle strength and endurance.

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