



# Arginine & Citrulline

## 500/250

- Supports Protein Metabolism
- Helps Maintain Muscle Tissue\*

120 Capsules

A Dietary Supplement



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

### Amount Per Serving

L-Arginine (Free-Form)	1.0 g (1,000 mg)*
L-Citrulline (Free-Form)	500 mg*

\* Daily Value not established.

Other ingredients: Gelatin (capsule), Silica, Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108 Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place. Please Recycle.

**SUGGESTED USAGE:** As a dietary supplement, take 2 capsules 1 to 3 times daily as needed, preferably with juice or water on an empty stomach, before exercise or at bedtime. Consider taking this product in combination with NOW® L-Norvaline, P-5-P and AAKG.

Arginine and Citrulline are two amino acids that are integral to protein metabolism and utilization, as well as to the maintenance of muscle tissue. Both are key intermediates in the urea cycle, where they participate in the detoxification of ammonia via the production of urea. Arginine that has not been converted to urea enters general circulation where it is distributed to various tissues and metabolized for other uses such as protein synthesis. Scientific studies have shown that supplementing Citrulline along with Arginine helps maintain nitrogen balance better than supplementation with Arginine alone.\*

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

Warning: This supplement should be avoided by persons with glaucoma or herpes simplex unless otherwise prescribed by a physician. Do not use if you have had a myocardial infarction or have established coronary artery disease.

ACTUAL SIZE



CODE 0037 VI