

## L-Histidine

### DESCRIPTION

L-Histidine, provided by Douglas Laboratories, supplies 500 mg of the amino acid in each capsule.

### FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Proteins and amino acids also serve as a source of energy, providing about 4 calories per gram. Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides. In addition, many proteins contain amino acids that have been modified for a specific function, e.g., calcium binding or collagen cross-linking. L-Histidine is thought to play important roles in proper joint, neurological and cardiovascular support.

### INDICATIONS

L-Histidine may be a useful dietary adjunct for individuals wishing to supplement with this amino acid.

### FORMULA (#7935)

1 Capsule Contains:

L-Histidine ..... 500mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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- Millward J. Can we define indispensable amino acid requirements and assess protein quality in adults. J Nutr 1994;124 Suppl.1509S 1516S.
- Price GM, Halliday D, Pacy PJ, Quevedo MR, Millward DJ. Nitrogen homeostasis in man: Influence of protein intake on the amplitude of diurnal cycling of body nitrogen. Clin Sci 1994;86:91-102.
- Quevedo MR, Price GM, Halliday D, Pacy PJ, Millward DJ. Nitrogen homeostasis in man: Diurnal changes in nitrogen excretion, leucine oxidation and whole body leucine kinetics during a reduction from a high to a moderate protein intake. Clin Sci 1994;86:185-193.
- Reeds PJ, Hutchens TW. Protein requirements: From nitrogen balance to functional impact. J Nutr 1994;124 Suppl.1754S-1764S

**For more information on L-Histidine visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**