Lysine 500
Cold Sore Relief

Lysine is an essential amino acid that is a necessary building block for all protein. It aids in the production of antibodies, hormones and enzymes, and helps in collagen formation and tissue repair - important for bones and connective tissues such as tendons, cartilage and skin.

Blooms Lysine 500 may help reduce the number of outbreaks, severity and healing time of cold sores and herpes virus. Lysine is also beneficial for those recovering from surgery and sports injuries due to its role in building muscles protein, and it also has a role in calcium absorption as it is needed for proper growth and bone development in children.

While most people obtain enough lysine from their diet, some people such as athletes, vegans and those with a diet high in refined sugars may not. Lysine deficiency has been associated with asthma, poor energy levels and low levels of thyroid hormones. Lysine appears to work with the amino acid arginine to build muscle however excessive dietary arginine leads to the depletion of lysine.

Precautions: Lysine in the diet is considered safe, but pregnant and breastfeeding women, or people with kidney or liver disease should consult a healthcare professional before taking supplemental lysine.

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