

BodyBest_{tm} Doctors

L-Arginine - Vs. Viagra

L-Arginine and L-Ornithine are amino acids that work one step ahead of Viagra in the mechanism of penile & clitoris erections. I will speak of L-Arginine, which includes L-Ornithine. They are taken at different times of the day.

Sexual stimulation causes the brain to activate the release of nitric oxide from L-Arginine in the penis & clitoris. Nitric oxide then promotes an increase in the molecule cyclic GMP (cyclic guanosine monophosphate). Elevation of cyclic GMP gives rise to the erection response.

The boost in nitric oxide from L-Arginine is a safe and natural way to increase cyclic GMP and promote erections. Nitric oxide thus produced may have many other benefits in addition to better erectile function. Viagra does not increase cyclic GMP production; it only inhibits the breakdown of existing cyclic GMP in the body. Viagra's disturbance of cyclic GMP action throughout the body can have adverse effects in many different tissues.

Studies of the L-Arginine have shown studies comparable to Viagra to strengthen and restore erections when the level is increased as needed to achieve the desired response. This may require 6, 9, 12, 15, or 18 capsules one hour before the anticipated activity. Even at the 18 capsule level, there is still a wide margin of safety of L-Arginine. L-Arginine works through a natural mechanism to promote increased nitric oxide production, in harmony with basic body chemistry. Viagra, in contrast, interferes with the normal breakdown of cyclic GMP throughout the body and can therefore have dire side effects even at routine dosages.

[Purchase L-Arginine](#)

[Purchase L-Ornithine](#)

	L-Arginine	Viagra
Time from ingestion to erectile enhancement	About one hour	About one hour
Long term effect on arteries of penis	May help repair any damage to arteries	No benefit for health of arteries
Effect on heart	May strengthen heart and reverse scarring	May cause heart attacks and sudden death
Blood pressure	May help lower if elevated	May lower somewhat even if normal
Brain	May reduce risk	Can increase risk of stroke

	of stroke	
Memory	Strengthens long term memory	No benefit
Immune system	Greatly boosts	No benefit
Growth hormone	Stimulates release	No benefit
Muscle mass	May help increase	No benefit
Skeletal system	May strengthen	No benefit
Internal organs	May regenerate thymus, liver, spleen, kidneys, and skin	No benefit
Lung	Helps dilate bronchial tubes	No benefit
Safety of higher doses	Very safe	Higher risk
Effect on cholesterol	Lowers total and "bad" LDL cholesterol; Reduces oxidation of LDL cholesterol to make it less harmful	No benefit
Effect on vision	May protect from loss of vision	Impairment of blue/green color discrimination (usually transient)
Effect on female	May enhance erectile function, lubrication, and genital sensitivity	May enhance erectile function
Contraindications	Age under 21, pregnancy; concurrent Viagra or nitrate medications	Use of organic nitrate medications may result in dangerous lowering of blood pressure. Risk is especially great if liver disease or severe kidney impairment is present, or with use of certain drugs such as erythromycin
Warnings	Schizophrenia	Use with great caution in

	<p>may rarely be aggravated</p> <p>Theoretically could aggravate lupus or other autoimmune diseases</p>	<p>persons with heart attack, stroke, or serious heart rhythm problem in prior 6 months; if low or high blood pressure is present; if heart failure or coronary artery disease with unstable chest pain syndrome is present; if retinitis pigmentosa is present</p> <p>Prolonged erections over 4 hours duration, especially if painful, require prompt medical attention, or penile damage with permanent impotence may result</p> <p>Use of the medication ritonavir (an anti-viral) may increase blood levels greatly (an 11-fold increase in average level)</p>
Dosage	<p>2-4 capsules three times daily for long-term health benefits; may help repair blood vessel injury that causes erectile problems</p> <p>6-18 capsules one hour before anticipated activity for enhanced erectile function. May repeat as needed for desired response</p>	<p>25, 50, or 100mg not more than once daily one hour before anticipated activity</p>
Side Effects	<p>May increase the risk of outbreak of herpes simplex; taking the amino acid L-lysine, 3-6 grams per day, may prevent outbreaks</p>	<p>Heart attack, sudden death, stroke, heart block, and heart failure</p> <p>Face edema, light sensitivity, shock, weakness, pain, chills, accidental falls, abdominal pain, allergic reaction, and chest pain</p>

	<p>High prolonged intake may cause skin to thicken; reversible if intake is stopped or reduced</p>	<p>Angina, loss of consciousness, rapid heart beat</p> <p>Low blood pressure, dizziness upon standing, cardiac arrest, abnormal EKG, and damage to heart muscle</p> <p>Vomiting, colitis, difficulty swallowing, gastritis, heartburn, dry mouth, abnormal liver function tests, and rectal bleeding</p> <p>Anemia and reduced white blood cell count</p> <p>Gout, unstable diabetes, elevated blood sugar</p> <p>Arthritis, muscle pain, tendon rupture, and bone pain</p> <p>Migraine, loss of coordination, nerve pain, nerve damage, numbness, tremor, vertigo, insomnia, and depression</p> <p>Asthma, shortness of breath, laryngitis, sinusitis, bronchitis, and cough</p> <p>Rash, herpes simplex, itching, sweating, and skin ulcer</p> <p>Eye pain, eye bleeding, dry eyes, conjunctivitis, constriction of pupils, ear pain, deafness, and ringing in ears</p> <p>Urinary frequency, urinary incontinence, abnormal ejaculation, inability to orgasm, and abnormal swelling of genitals</p>
Information Sources	<u>L-Arginine</u> Research articles	<u>The Physician's Desk Reference</u>

Health Questions?

If you have more questions, that are not answered on the web site, [ask the Doc?](#)