

How to eat :

brew it with water, about 200-240 ml.

To stimulate the production of growth hormone:

drink it before bedtime.

To building muscle :

drink it before exercise.

To take care of liver and kidneys :

drink it any time.

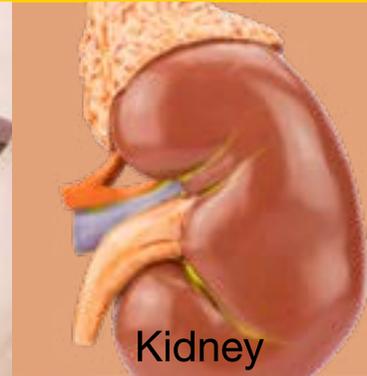


References :

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Liver



Kidney



Anti aging



Build muscle



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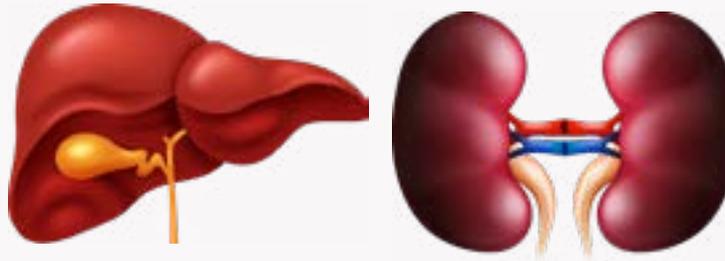
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Ornithine Arginine Mix

**Ornithine, Arginine, Glutamine,
a multi-nutrients,
good for the liver,
kidneys and anti aging**



Amino acids are the smallest unit of protein. Each amino acid has its own unique properties. Amino acids, Ornithine, Arginine and Glutamine have properties that benefit the vital organs, liver, kidneys, muscles and also stimulate the secretion of growth hormones, the hormones of anti aging.



Effects on the liver and kidneys

L-Ornithine

Role in the body is to stimulate the metabolism of alcohol by destroying alcohol and acetaldehyde which is a chemical that causes hangovers. Moreover, it also causes deep sleep even after alcohol consumption and stimulate the production of growth hormones. Ornithine also destroys ammonia which is toxic to the kidneys and the brain. In modern medicine, specifically in Europe, Ornithine is used as a treatment for a liver and kidneys diseases. In the case of severe liver and kidney degeneration or liver failure due to the effectiveness of its ammonia destruction.

L-Arginine

There is a research of giving L-Arginine in mice with renal failure, it was found that the filtration rate was improved and the blood flow to the kidney unit was increased. In addition, L-Arginine is also a precursor to the important substances in the body, to be specific nitric oxide which helps to dilate blood vessels and make blood vessels more elastic along with reduce blood pressure which is the side effect of renal

failure. Another effect is inhibiting the occurrence of AGE or (Advanced Glycation End Products), a substance that causes inflammation in blood vessels.

There is a study of giving L-Arginine and L-Ornithine together in the liver cells of mice with renal failure, the result is the level of Guanidinosuccinic acid which is a substance that caused by congestion of Urea in livers is reduced. Indicating that kidney function is improved.

L-Glutamine

There is an antioxidant as well as one of the precursors of creating glutathione which has the property to reduce kidney damage that caused by free radicals. Glutathione is really crucial for liver detoxification. The deteriorated kidneys will have high free radicals which will damage the kidneys further. L-Arginine and L-Glutamine are two amino acids that act as antioxidants.

Effect on Growth Hormone

Amino acids in the appropriate formula is capable of stimulating the growth of growth hormone which the effect of it would be as close as the injection of growth hormone. This would potentially eliminates the problem of side effects from injection and is also cheaper than the injection procedure. The effect of growth hormones, whether from injections or eating, makes the dermis thicker, wrinkles look younger, stronger both hair and nails, and make hair shiny and black. More importantly, L-Arginine, L-Ornithine and L-Glutamine have the effect of stimulating growth secretion from the pituitary gland as well.

Effect on muscle building

L-Arginine

There is a research of L-Arginine on laboratory mice which states that a consumption of L-Arginine in mice increases its muscle tone and stimulates its metabolism even before it started to run on a treadmill. From the same study, L-Glutamine also prevents the loss of muscle mass while it exercising on the treadmill.