

L-Arginin

Entscheidend für den Bedarf an L-Arginin sind Faktoren wie oxidativer und nitrosativer Stress, d.h. entscheidend ist das Verhältnis L-Arginin zu ADMA (asymmetrisches Dimethylarginin).

Proteine, die L-Arginin enthalten, werden durch diese Ladung wasserlöslicher.

Aus L-Arginin wird das Molekül NO (Stickoxid) gebildet. NO hat eine Halbwertszeit von einigen Sekunden. NO entspannt die Blutadern, verbessert damit die Durchblutung und senkt den Blutdruck.

Crucial to the need for L-arginine are factors such as oxidative and nitrosative stress, ie the decisive factor is the ratio of L-arginine to ADMA (asymmetric dimethylarginine). https://en.wikipedia.org/wiki/Asymmetric_dimethylarginine

Proteins that contain L-arginine, are water-soluble due to that charge.

From L-arginine, the molecule NO (nitric oxide) is formed. NO has a half-life of a few seconds. NO relaxes the blood vessels, improves blood circulation and lowers blood pressure.

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- ➔ **Methyl- und Argininzyklus** <http://xerlebnishaft.de/bildmethyl-arginin.pdf>
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