



NATURE'S SUNSHINE

L-Lysine

Vegan

Vegetarian

Kosher

Halal

Non-GMO

GOOD FOR

Cardiovascular system

Immune System

Musculoskeletal System

SIZE **100 Capsules**

ITEM # **1631**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

L-Lysine is an essential amino acid your body can't make on its own — so you have to get it from food or supplements every day. This formula delivers a steady supply of lysine to help your body stay strong, resilient, and balanced across several key areas of health.

L-Lysine (Anxiety & Stress Support) — Feeling on edge?

Research shows that lysine may help take the edge off everyday stress and anxious feelings. In clinical trials, lysine supplementation helped reduce trait anxiety and calmed the body's stress-hormone response, suggesting it plays a quiet but meaningful role in keeping you feeling more balanced day to day.

L-Lysine (Cold Sore Defense) — Cold sores are caused by the herpes simplex virus, and lysine is one of the most well-studied natural tools for keeping them at bay. Multiple well-designed clinical trials show that taking at least 1 gram of lysine daily can meaningfully reduce how often cold sores come back and how severe they are when they do appear.

L-Lysine (Bell's Palsy & Herpes Virus Support) — The same virus linked to cold sores is also strongly associated with Bell's palsy, a condition affecting facial nerves. Research including a double-blind placebo-controlled trial found that 3 grams of lysine daily for six months significantly reduced how often herpes outbreaks occurred, how long they lasted, and how severe they were.

L-Lysine (Connective Tissue & Collagen Support) — Your skin, tendons, ligaments, and bones all depend on collagen — and lysine is one of the key building blocks your body needs to make it. Lysine helps form the special cross-links inside collagen fibers that give them their strength and flexibility, supporting healthy connective tissue throughout your entire body.

L-Lysine (Skin Health) — Because lysine is so central to collagen production, it naturally supports the health and resilience of your skin. Collagen is what keeps skin firm and supple, and having enough lysine available means your body has what it needs to keep building and repairing skin tissue as part of your everyday wellness routine.

L-Lysine (Bone & Joint Support) — Collagen isn't just for skin — it's also a major structural component of your bones and joints. By helping the body produce strong, well-formed collagen, lysine contributes to the underlying framework that keeps bones dense and joints cushioned and comfortable over time.

L-Lysine (Immune System Role) — Lysine has a long history of use for supporting the immune system, particularly when it comes to keeping viral activity in check. Its ability to interfere with the conditions certain viruses need to thrive makes it a popular choice for people who want everyday immune support alongside a healthy lifestyle.

L-Lysine (Cortisol & Stress Hormone Balance) — When stress hits, your body releases cortisol — and chronically high cortisol can wear you down over time. Clinical research suggests that lysine supplementation, especially when paired with L-arginine, may help moderate the cortisol response to stress, giving your body a gentler ride through life's demanding moments.

 (888) 510-7196  service@caringsunshine.com

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