

Directions: As a dietary supplement, take one (1) tablet, two (2) times daily. For extra skin support during stressful times, take two (2) tablets, three (3) times daily, or as directed by a health care professional.

Lysine is required for collagen synthesis (which benefits the skin). It also plays a role in immune function, and may be important to bone health.[†]

Store in a cool dry place. Do not refrigerate. Please recycle.

**Do not use if safety seal under cap is broken or missing.
Keep out of reach of children.**

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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16201 Lindbergh Street, Van Nuys, CA 91406
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MADE IN THE USA
GMP Compliant Manufacturing



● FITNESS ●

L-LYSINE

500 MG



Supports Immune Function &
Collagen Synthesis/Skin Health[†]

250 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 250

	Amount Per Serving	% Daily Value
L-Lysine (as hydrochloride)	500 mg	*

*Daily Value not established

Other Ingredients: Cellulose, vegetable stearin, cellulose gum, magnesium stearate (vegetable source), and silica.

Our L-Lysine is a pure crystalline, free form amino acid.

Contains No: Gluten, sugar, salt, yeast, corn, wheat, lactose, citrus, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

Viva Vitamins™ fully guarantees the potency of this product through: