

**Suggested Usage:** Take 3 capsules daily with juice or water on an empty stomach.

Ornithine is a non-essential amino acid that plays a central role in the urea cycle, functioning along with arginine and citrulline to rid the body of ammonia, a by-product of protein metabolism.\* Because ornithine is converted into arginine, it can help to maintain healthy arginine levels in the body.\* Ornithine can also be converted into other amino acids, such as citrulline, proline, and glutamate, as well as creatine, an important muscular energy source.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CAPSULE SIZE

CODE 0122D V5



# L-Ornithine

## 500 mg

Fitness Amino Acid\*

Healthy Protein Metabolism\*

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

## Supplement Facts

Serving Size 3 Veg Capsules  
Servings Per Container 40

### Amount Per Serving

L-Ornithine (from L-Ornithine Hydrochloride)	1.5 g (1,500 mg)**
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\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose and Stearic Acid (vegetable source).

Manufactured & Quality Tested by NOW FOODS  
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.  
Store in a cool, dry place after opening.