

Suggested Usage: Take 1 capsule daily with or without food.

L-Histidine is an essential amino acid that is best known for its role in the production of histamine, an important mediator of immune system responses.* Histidine is also critical for normal brain function, as well as for the maintenance of a healthy skin barrier.* In addition, histidine plays important roles in muscle function, cardiovascular health, protection against free radicals, and the elimination of heavy metals from the body.*

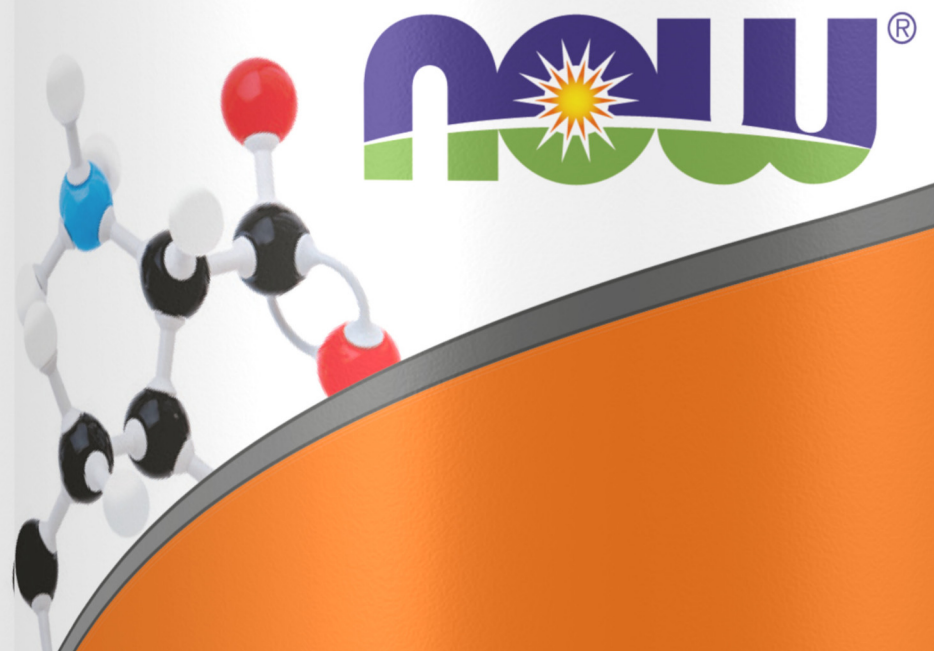
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially anticoagulant and anti-platelet drugs), have a medical condition (especially bleeding disorders), or if planning to have surgery. Keep out of reach of children.

CODE 0121 V1



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L-Histidine

600 mg

Essential Amino Acid

- Critical for Normal Brain Function*
- Immune System Support*



60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts	
Serving Size 1 Veg Capsule	
Amount Per Serving	
L-Histidine (from 833 mg L-Histidine HCl)	600 mg**
** Daily Value not established.	

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

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame 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.

