

Argipair Sachet

L-Arginine 3g + Proanthocyanidin 75mg Sachet Information

Generic Name:

L-Arginine, Proanthocyanidin

Strength:

- L-Arginine: 3g
- Proanthocyanidin: 75mg

Form:

Sachet (Powder form)

Therapeutic Class:

Amino Acid Supplement, Antioxidant

Description

This sachet contains a combination of L-Arginine and Proanthocyanidin, two powerful compounds that work together to support cardiovascular health, improve blood flow, and provide antioxidant protection.

- L-Arginine is an amino acid that plays a critical role in nitric oxide production, which helps dilate blood vessels, improve circulation, and support heart function.
- Proanthocyanidin is a potent antioxidant found in grape seeds, berries, and other plant sources. It helps protect cells from oxidative stress, reduces inflammation, and

may support vascular health by enhancing the effects of L-Arginine.

This combination may provide synergistic benefits for improving cardiovascular health, enhancing circulation, and promoting overall wellness.

Indications

This product may be used for:

- **Cardiovascular Health:** Supports healthy blood flow and blood vessel function.
 - **Improved Exercise Performance:** Enhances nitric oxide production, which may help improve physical performance and endurance.
 - **Antioxidant Support:** Provides protection against oxidative stress and free radical damage.
 - **Enhanced Blood Circulation:** L-Arginine promotes vasodilation, which may help improve circulation and reduce blood pressure.
 - **Anti-inflammatory Effects:** Proanthocyanidins help reduce inflammation and support healthy blood vessels.
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Dosage and Administration

- **Recommended Dose:**
 - **Adults:** Take 1 sachet daily, dissolved in water, juice, or as recommended by your healthcare provider.

- **Children:** The use of this supplement in children should only be under the guidance of a healthcare provider.

Note: For best results, this supplement should be taken regularly as part of a balanced diet and healthy lifestyle.

Contraindications

- **Hypersensitivity:** Known allergy or hypersensitivity to L-Arginine, Proanthocyanidins, or any of the ingredients in the product.
 - **Pregnancy:** Should be used with caution during pregnancy, particularly in large doses. Always consult a healthcare provider before use during pregnancy or breastfeeding.
 - **Children:** Use in children should only be done with the guidance of a healthcare provider.
 - **Severe Cardiovascular Conditions:** If you have a history of heart attack, stroke, or any severe cardiovascular conditions, consult with your doctor before using this product.
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Precautions

- **Blood Pressure Medication:** L-Arginine may lower blood pressure by increasing nitric oxide levels and dilating blood vessels. If you are on medication for hypertension, consult your healthcare provider before use.
- **Kidney Function:** L-Arginine should be used with caution in individuals with kidney issues, as excessive intake may have adverse effects.

- **Herbal Supplements:** If you are taking other herbal or dietary supplements that affect cardiovascular function, discuss their use with your healthcare provider.
 - **Surgery:** Due to its effects on blood circulation, it is advisable to stop taking L-Arginine at least 2 weeks before scheduled surgery or as directed by your doctor.
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Side Effects

Common side effects may include:

- **Gastrointestinal discomfort:** Mild bloating, diarrhea, or nausea may occur, especially when taking high doses of L-Arginine.
- **Headache:** As a result of improved blood flow, some people may experience headaches.
- **Flushing:** A sensation of warmth or redness in the skin may occur due to vasodilation.

Serious side effects are rare but may include:

- **Severe allergic reactions:** Rash, itching, swelling, or difficulty breathing.
- **Low blood pressure:** As L-Arginine may cause a drop in blood pressure, individuals with low blood pressure or those on antihypertensive medications should consult their doctor before use.

If you experience any severe or persistent side effects, discontinue use and seek medical attention.

Drug Interactions

- **Blood Pressure Medications:** L-Arginine may interact with antihypertensive medications, potentially causing a significant decrease in blood pressure.
- **Erectile Dysfunction Medications:** L-Arginine may enhance the effects of medications for erectile dysfunction (e.g., sildenafil), increasing the risk of side effects.
- **Nitrate Medications:** If you are using nitrate medications for chest pain or heart conditions, combining them with L-Arginine may lead to dangerously low blood pressure.

Always inform your healthcare provider of all medications and supplements you are taking before starting this product.

Storage Instructions

- **Store in a cool, dry place at room temperature (15-30°C).**
 - **Keep the sachets tightly closed and out of direct sunlight.**
 - **Keep out of reach of children and pets.**
 - **Do not store in a damp or humid environment (e.g., bathroom).**
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Additional Notes

- **Hydration:** When taking L-Arginine, ensure you are adequately hydrated to help support its function in the body.
- **Healthy Lifestyle:** For optimal cardiovascular benefits, combine this supplement with regular physical

activity, a healthy diet, and stress management.

- **Consistency:** For the best results, it is important to take the product regularly as part of a health and wellness routine.

Always consult with your healthcare provider if you are considering starting any new supplement, especially if you have existing medical conditions or are taking prescription medications.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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