

Question 1:

Which of the following is false regarding L-arginine

- It is associated with replication of the herpes virus family
- Meat such as pork and beef have a high concentration per ounce
- It is an essential amino acid

Explanation:

L-arginine is a conditional or semi-essential amino acid which is produced in the body. It becomes essential once the demands are greater than production (e.g. developing infants/children or adults experiencing catabolic stress such a trauma or illness).

- Nitric oxide via nitric oxide synthase is produced from L-arginine