



MONTIFF INC



Don Tyson's Advanced Nutraceuticals

Pure L-Histidine

L-Histidine is an essential amino acid, which converts to histamine, a powerful blood vessel dilator, involved in gastric acid secretions and neurotransmission in the central nervous systems. It is also related to circadian rhythms and sexual arousal and orgasmic function in women.

Low levels of L- Histidine have been associated with Rheumatoid Arthritis, and anemia. 1,2,3,4,5,6,7

Each capsule of Pure L-Histidine contains 600 mg. of the highest quality L-Histidine.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO

- Functioning as a precursor to histamine
- Sexual arousal and orgasmic function
- Rheumatoid Arthritis
- Precursor to Carnosine and Anserine
- Gastric acid secretions to aid digestion
- Circadian rhythms
- Neuronal health and function
- Production of red and white blood cells

WHAT IS L-HISTIDINE?

L-Histidine is an essential amino acid important for growth and repair of tissues. It is necessary for the maintenance of myelin sheaths, which protect nerve cells, and the production of red and white blood cells. It is the precursor for histamine, and B-6, niacin, and Vitamin C are necessary for proper metabolism. It is also a precursor for Carnosine and Anserine. Histidine acts as an antioxidant protecting against radiation damage by helping to remove heavy metals from the body. It stimulates the secretion of gastric juices; therefore helping with digestion. Low levels have been associated with decreased hemoglobin and hematocrit, as well as those with Rheumatoid Arthritis. Deficiencies are also noted in Dysbiosis (an imbalance of intestinal flora) and anemia, and low levels may also attribute to nerve deafness. Excessive levels have been associated with psychological disorders such as schizophrenia and high levels are noted during pregnancy. In the diet, it is found in rice, wheat and rye.

WHAT IS HISTAMINE?

Histamine is a molecule that is a potent vessel dilator, important for sexual arousal and orgasm in women. It also acts as a neurotransmitter having an effect on the nervous system, and as a stimulator to the secretion of pepsin and hydrochloric acid, it is important for digestion. Several studies indicate that the histaminergic neurotransmitter system may be a regulator of circadian rhythms that function in the sleep and wakefulness cycle. Since L-Histidine is the precursor for histamine, deficiencies effect the histamine levels. When allergens are present, however, histamine is released from the mast cells causing inflammation, fluid production and possibly hives. (Antihistamines have been recommended for allergic problems.)

SEXUAL AROUSAL & FUNCTION

- Histidine is involved in the function of the thalamus and hypothalamus glands, and orgasm is triggered when histamine is released from the mast cells in the genitals. Histamine also causes the sexual flush that occurs during arousal. Many women fail to achieve sexual pleasure and orgasm, and often other treatments including psychotherapy may be unsuccessful. This problem may be a result of a biochemical imbalance, since sufficient histamine must be present in order to trigger an orgasm. Deficiencies of L-Histidine will effect histamine levels.

*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.

- Supplementing with L-Histidine will increase histamine levels as proved by Carl Pfeiffer, M.D., and Ph.D. in his research on non-orgasmic women. He administered doses of 500mg. of L-Histidine (1) before each meal (for a total of 3 per day) restoring sexual pleasure in women. (He also helped women who had irregular periods become regular by giving doses of 4g. per day).
- Dr. Pfeiffer noted that **males** who had *excessive* L-Histidine levels had the problem of premature ejaculation. He gave these men supplementation of 500 mg. of **L-Methionine** along with 500 mg. of magnesium and 50mg. of vitamin B6. This helped normalize the levels of Histidine, and alleviated the problem of premature ejaculation. Those taking L-Methionine should also take a B complex with folic acid to help prevent excessive homocysteine levels. (Take 2 Montiff B Complete daily - 1 in the morning and 1 in the evening to get sufficient folic acid and B 6.).

RHEUMATOID ARTHRITIS

Low L-Histidine levels have been noted with those who have Rheumatoid Arthritis. This may contribute to the pathogenesis of this condition by causing hyaluronate-augmented formation of aggregated synovial fluid gamma globulin. The gamma globulin aggregation thus causes the inflammatory and rheumatoid factors. Supplementation of L-Histidine may be helpful in some cases, although not always successful. In one double-blind study, patients were given 4.5 g daily. After 30 weeks some benefits were noted in those who had a long history of the disease.

Directions: Take 1 to 3 three times daily a half-hour or more before meals with a full glass of water or fruit or vegetable juice. Vitamins and minerals are recommended for proper metabolism, especially B-6 and Vitamin C. Vita-Minz-Plus and B-Complete as well as Ultra C should be taken daily. For female sexual arousal and orgasms - 1 capsule t.i.d. prior to meals is suggested.

CAUTION: Those with elevated Histidine or histamine levels should not take L-Histidine supplementation. These may include manic-depressives, those with schizophrenia, problems with chronic allergies, pregnant women or women with PMS. Individuals who have hypertension should exercise caution, and those with peptic ulcers and excessive gastric juices should avoid Histidine supplementation.

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