

L-ARGININE COMPOUND

What is this medicine?

L-Arginine (L-ARE-gin-een)

- Arginine is an amino acid important for many biological processes.
- L-arginine may impact health conditions related to cardiovascular health, blood pressure, blood sugar, or exercise performance.
- It may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: cream, gel, topical solution

What should I tell my health care provider before I take this medicine?

- Allergy to Arginine
- History of myocardial infarction
- Pregnant or may become pregnant; breastfeeding
- Are taking any medications or supplements
- Have liver or kidney disease

How should I use this medicine?

Follow the package directions provided by Belmar Pharma Solutions and by your prescriber. Your dosage is based on your medical condition and response to therapy. Follow the dosing schedule provided carefully.

Topical products can be applied to the inner arm, upper thigh, backs of the knees, tops of the feet, and inner wrists. It is recommended to rotate sites to ensure even retention of the hormone. Cover treated skin with clothes to avoid contact with people or pets.

Vaginal preparations should be inserted using your finger or the applicator provided. Suppositories may leak and may be more convenient to use at bedtime.

What if I miss a dose?

- If you miss a dose, take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

What should I watch for while using this medicine?

Belmar Pharma Solutions recommends yearly checkups with your provider.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Headache
- Nausea, diarrhea, dyspepsia
- Palpitations
- Numbness
- Bitter taste
- Hypotension

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Where should I keep my medicine?

Store at room temperature between 59 and 86 degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharma Solutions are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.

References:

1. Arginine Oral. Drug Facts and Comparisons. Facts and Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.lexi.com>. Accessed May 2022.
2. L-Arginine Professional Monograph. Natural Medicines Comprehensive Database. Therapeutic Research Center, LLC. Stockton, CA. Available at: <https://naturalmedicines.therapeuticresearch.com>. Accessed May 2022.