

Deficiency in lysine may be associated with irritability, dizziness, loss of body weight, loss of appetite, nausea, tiredness, reproductive disorders, bloodshot eyes can lead to calcium loss and poor immune function, fatigue, fatty acid metabolism problems and inability to concentrate.

Yoghurt has high levels of lysine which is good for us.

Those who need lysine, don't do well on a vegetarian diet.

Lysine is a type of amino acid your body needs to maintain proper growth and energy production. Unfortunately, your body can't generate lysine by itself. Instead, you need to consume lysine-rich foods, such as pasture-fed red meat, milk, potatoes, fish, nuts, and lysine supplements to ensure your body receives enough lysine each day. Most people eating some of the above, get enough lysine in their diets, especially if better than organic, which means with LimeMagPlus (Read Minerals > Calcium) and vegetables fertilised with all the deficient minerals.

### **Cold Sore, Herpes Outbreak and Shingles Prevention**

Health professionals with the University of Maryland Medical Center report regular treatment with lysine supplements may help prevent the outbreak of cold sores in people with herpes, a viral infection.

### **Foods high in Lysine**

Fish, chicken, beef, lamb, milk, cheese, yoghurt, beans, brewer's yeast, mung bean sprouts and most fruits and vegetables have more lysine than arginine.

Vaughan Jones, ONZM Queen's Honour 2013, for services to the farming industry. NZ M.Mkt.I. Dairying 99% Honours Award 1948. Waikato Most Improved Dairy Farm Award 1959. International Agricultural Consultant & Journalist. Represented NZ in Agricultural Journalist Congresses in USA in 1992 & Austria 1994. Managing Director of the website GrazingInfo Ltd, compiled since 1970.