

# Herpes Simplex

(e.g. cold sores, genital herpes, herpetic keratitis)

## **Recommendation**

If you suffer from recurrent episodes you can use the following in addition to your normal treatment: L-Lysine supplement 1000mg morning and evening (2000mg total) at first sign/symptoms of outbreak, for the duration of symptoms, maximum 7 days.

**Note:** L-Lysine is an essential amino acid meaning it cannot be produced by the body and must be obtained from the diet. The supplement can be bought from pharmacies or health stores.

**Results:** studies show significant improvement in the majority of cases.

**How it works:** interferes with viral replication.

**Side-benefits:** studies have shown it can help enhance calcium absorption in the gut thus may improve bone health.

**References:** [healGB.com/herpes](http://healGB.com/herpes)

**Feedback:** if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

**Disclaimer:** the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.