Lysine is a non-endogenous essential amino acid found in meat, soy, and dairy products. Lysine is required for the production of acetyl-CoA, collagen, antibodies, and hormones, and is also necessary for muscle recovery and protein synthesis. Lysine may exhibit anxiolytic activity on its own, as in vivo studies indicate that low levels of lysine are associated with high levels of stress-induced anxiety.

**References**


**Caution:** This product is intended for laboratory and research use only. It is not for human or drug use.