L-Ornithine is a non-proteinogenic amino acid that exhibits anti-fatigue and hepatoprotective activities. L-Ornithine is a metabolite of L-arginine and a major component of the urea cycle. L-Ornithine increases efficiency of energy consumption and promotes excretion of ammonia, decreasing exercise-induced physical fatigue in clinical settings. With L-aspartate, L-ornithine also decreases the symptoms of hepatic encephalopathy associated with liver cirrhosis.

References

