**Lysine as a prophylactic agent in the treatment of recurrent herpes simplex labialis.**

*Thein DJ, Hurt WC.*


**Abstract**

The amino acid lysine is an agent that has been proposed for treating the clinical symptoms of recurrent herpes simplex labialis. This study examined the efficacy of long-term prophylactic lysine supplementation. Twenty-six volunteers with a history of frequently recurring herpetic lesions completed a 12-month double-blind crossovers study. The experimental group received daily oral supplements of 1,000 mg L-lysine. Serum samples were analyzed at scheduled intervals. In most instances, members of the lysine group reported significantly fewer lesions than the control group. Similarly, those who were taken off lysine supplementation generally showed a significant increase in lesion frequency. Quantitative hematologic measurements revealed the most clinically useful relationship. Data from this sample population indicated that when a person's serum lysine concentration exceeded 165 nmol/ml there was a corresponding significant decrease in recurrence rate. Conversely, the frequency rate increased significantly as concentration levels fell below 165 nmol/ml. These results suggest that prophylactic lysine may be useful in managing selected cases of recurrent herpes simplex labialis if serum lysine levels can be maintained at adequate concentrations.

PMID:6438572

**A multicentered study of lysine therapy in Herpes simplex infection.**

*Griffith RS, Norins AL, Kagan C.*


**Abstract**

Lysine appears to suppress the clinical manifestations of herpesvirus infection. 45 patients with frequently recurring herpes infection were given 312-1,200 mg of lysine daily in single or multiple doses. The clinical results demonstrated a beneficial effect from supplementary lysine in accelerating recovery from herpes simplex infection and suppressing recurrence. Tissue culture studies have demonstrated an enhancing effect on viral replication when the amino acid ratio of arginine to lysine favors arginine. The opposite, preponderance of lysine to arginine, suppresses viral replication and inhibits cytopathogenicity of herpes simplex virus. The codons characterizing herpes simplex DNA apparently specify production of viral capsids at the expense of host cell histones.

PMID:640102

**Success of L-lysine therapy in frequently recurrent herpes simplex infection. Treatment and prophylaxis.**

*Griffith RS*, Walsh DE, Myrmel KH, Thompson RW, Behforooz A.

*Dermatologica.* 1987;175(4):183-90.
AUTHOR INFORMATION

- 'Department of Medicine, Indiana University School of Medicine, Indianapolis.

ABSTRACT

A double-blind, placebo-controlled, multicenter trial of oral L-lysine monohydrochloride for the prevention and treatment of recurrent herpes simplex (HSV) infection was conducted. The treatment group was given L-Lysine monohydrochloride tablets (1,000 mg L-lysine per dose) 3 times a day for 6 months. A total of 27 (6 male and 21 female) subjects on L-lysine and 25 (6 male and 19 female) subjects on placebo completed the trial. The L-lysine treatment group had an average of 2.4 (p less than 0.05) less HSV infections, symptoms were significantly (p less than 0.05) diminished in severity and healing time was significantly reduced (p less than 0.05). L-Lysine appears to be an effective agent for reduction of occurrence, severity and healing time for recurrent HSV infection.

PMID:3115841

FAILURE OF LYSINE IN FREQUENTLY RECURRENT HERPES SIMPLEX INFECTION. TREATMENT AND PROPHYLAXIS.

DiGiovanna JJ, Blank H.


ABSTRACT

Lysine has been claimed to be effective in the treatment and prevention of episodes of recurrent herpes simplex (HS) infection. We carried out a double-blind, placebo-controlled trial of oral lysine hydrochloride therapy (400 mg, three times a day) in a group of 21 patients in good general health with a history of frequently recurring infection. Using our measures of episode frequency, duration, and severity, we were unable to detect any substantial benefit of lysine therapy either as a treatment for episodes in progress or as a prophylactic drug for the prevention of recurrences. We conclude that it is unlikely that lysine improves frequently recurrent HS infections in the majority of patients.

PMID:6419679