

Research & Development by:
NATIONAL DIETARY RESEARCH
Washington, DC

Supplement Facts

Serving Size: 1 tablet
Servings Per Container 60

Amount Per Serving	%Daily Value **	
Vitamin C (as Ascorbic acid)	250mg	417%
Zinc (from Gluconate)	25mg	166%
Calcium (from Dicalcium Phosphate)	80mg	8%
Lysine (as L-lysine hydrochloride)	500mg	*
Proprietary Blend 175mg		
Resveratrol from Polygonum cuspidatum extract (root)	*	
Curcuminoids, extract from Curcuma longa (root)	*	
Spirulina platensis	*	
Lactobacillus acidophilus	*	
Lactobacillus bulgaricus	*	
Lactobacillus bifidus	*	

**Percent Daily Values are based on a 2,000 calorie diet.

*Daily value not established.

LYSOVIR-SRV promotes a healthy immune system for those suffering from frequent flare-ups of cold sores and fever blisters due to viruses. The synergistically combined nutrients in **LYSOVIR-SRV** are designed to potentiate the effect of the individual nutrients alone.

Resveratrol, a phytoalexin, was found to inhibit herpes simplex virus types 1 and 2 (HSV-1 and HSV-2). Resveratrol has been shown by itself to reduce viral replication by 20% to 30% and also enhances the anti-HIV-1 activity of the nucleoside analogues zidovudine (AZT), zalcitabine (ddC), and didanosine (ddI).

L-lysine has been shown both clinically and experimentally to be helpful in preventing recurrence of herpes simplex outbreaks.

Zinc with Vitamin C supplementation has been shown to inhibit the synthesis of the herpes simplex virus progeny resulting in almost complete inhibition of replication resulting in a marked decrease in severity of outbreaks and eruptions.

Lactobacillus has been shown to relieve the pain as-

sociated with ulceration within 48 hours. Lactobacillus is thought to exert its anti-viral effect through competitive inhibition. Each **LYSOVIR-SRV** tablet contains a minimum of 6 million units of a combination of Lactobacillus acidophilus, Lactobacillus bulgaricus, and Lactobacillus bifidus. The Lactobacillus has been preserved by the freeze drying process.

Spirulina platensis (Arthrospira platensis) has been shown to inhibit HIV-1 replication in human T-cell lines, peripheral blood mononuclear cells (PBMC), and Langerhans cells (LC).

Curcuminoids have been shown to be a modest inhibitor of the HIV-1 and HIV-2 proteases.

LYSOVIR-SRV contains no preservatives, sugar, starch, wheat, yeast, corn, milk, soy derivatives, artificial flavoring or coloring agents.

Recommendation: One tablet twice daily.

Package Size: 60 tablets



Key2Health

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Resveratrol

Resveratrol, a phytoalexin, was found to inhibit herpes simplex virus types 1 and 2 (HSV-1 & HSV-2) replication in a dose-dependent, reversible manner. (Docherty JJ, et al. *Resveratrol inhibition of herpes simplex virus replication*. Antiviral Res 1999 Oct;43(3):145-55)

We now report that resveratrol (RV) synergistically enhances the anti-HIV-1 activity of the nucleoside analogues zidovudine(AZT), zalcitabine(ddC), and didanosine(ddI). RV at 10 microM was not toxic to cells, and by itself reduced viral replication by 20% to 30%. (Heredia A et al. *Synergistic inhibition of HIV-1 in activated and resting peripheral blood mononuclear cells, monocyte-derived macrophages, and selected drug-resistant isolates with nucleoside analogues combined with a natural product, resveratrol*. J Acquir Immune Defic Syndr 2000 Nov 1;25(3):246-55)

Spirulina Platensis (Arthrospira platensis)

An aqueous extract of the blue-green filamentous algae *Arthrospira platensis* (previously called *Spirulina platensis*) inhibited HIV-1 replication in human T-cell lines, peripheral blood mononuclear cells (PBMC), and Langerhans cells (LC). (Ayehunie S et al. *Inhibition of HIV-1 replication by an aqueous extract of Spirulina platensis (Arthrospira platensis)*. J Acquir Immune Defic Syndr Hum Retrovirol 1998 May 1;18(1):7-12)

Curcuminoids

The present data suggest that HIV-1 integrase inhibition may contribute to the antiviral activity of curcumin. These observations suggest new strategies for antiviral drug development that could be based upon curcumin as a lead compound for the development of inhibitors of HIV-1 integrase. (Mazumder A et al. *Inhibition of human immunodeficiency virus type-1 integrase by curcumin*. Biochem Pharmacol 1995 Apr 18;49(8):1165-1170)

Lactobacillus

In an experimental study, 38/40 patients reported relief within 48 hours. (Rapoport L, Levine W *Treatment of oral ulceration with lactobacillus tablets. Report of forty cases*. Oral Surg, 20(5):591-93, 1965).

Zinc

In an in vitro experimental study, zinc sulphate 0.1 mM inhibited the synthesis of herpes simplex virus progeny, while 0.2mM resulted in almost complete inhibition of replication. (Gordon YJ et al. Antimicrobial Agents & Chemotherapy 8:337, 1975)

Vitamin C with Zinc and with bioflavanoids

Following an eruption, patients with recurrent herpes simplex type 1 received zinc sulfate 100mg and vitamin C 250 mg twice daily for 6 weeks. There was either (1) complete suppression of the eruption for an indefinite period; (2) a local tingling sensation but without an eruption or with local swelling and a very limited area of vesiculation which receded within 24 hours; or (3) a violent eruption which was not followed by any further eruption providing supplementation was continued. (Fitzherbert J. *Genital herpes and zinc. Letter to the Editor*. Med. J. Aust. 1:399, 1979)

14/38 with herpes labialis on vitamins developed blisters versus 10/10 on placebo. Compared to placebo, the duration of illness decreased from 9 to 4.5 days. (Terezhalmay GT et al. *The use of water soluble bioflavanoid-ascorbic acid complex in the treatment of herpes labialis*. Oral Surgery, Oral Medicine, Oral Pathology 45:56-62, 1978)

L-Lysine

Forty one patients taking lysine hydrochloride showed evidence of decreasing recurrence rate of herpes attacks and decreasing symptom severity of recurrences. (McCune et al. Cutis 34:366, 1984.)

In a double-blind crossover study, significantly more patients were recurrence free during lysine than during placebo. (Milman N et al. *Lysine prophylaxis in recurrent herpes labialis: A double-blind crossover study*. Acta Dermatovener 60:85-87, 1980)

Supplementation with 800-1000 mg daily during overt herpes infection and 312-500 mg daily for maintenance was followed by complete symptom suppression in 42/45 patients followed 2 months to 2 years with marked reduction of recurrences. Pain disappeared overnight and the initial lesion did not spread to multiple sites. Frequently, however, infection returned 1-4 weeks after stopping lysine. (Griffith RS et al. *A multicentered study of lysine therapy in herpes simplex infection*. Dermatologica 156:257-267, 1978).

NOTE: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This report is intended for professional use only. Certain persons considered experts may disagree with one or more of the statements and/or conclusions found in this report. Notwithstanding the above, this information is of current nutritional interest and is based upon sound and reliable authority.