

Herpes

Possible Causes and Contributing Factors:

- Sexual contact
- Immune system suppression
- Nutritional deficiencies

Suggested Dietary Changes:

- Avoid sugar – suppresses immune system
- Legumes, fish, turkey, chicken, vegetables – rich in L-lysine which inhibits herpes virus replication
- Avoid peanuts, almonds, other nuts, whole wheat, chocolate – contain L-arginine that may stimulate HSV replication

**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.*