

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Arginine (L)/Sildenafil Citrate

Form: Oral Capsule

Drug Class:

- L-Arginine: Semi-essential amino acid; nitric oxide precursor
- Sildenafil Citrate: Phosphodiesterase-5 (PDE5) inhibitor, enhances cGMP signaling in vascular smooth muscle.

Mechanism of Action¹: Together, they are intended to provide greater smooth muscle relaxation and blood flow.

L-Arginine is intended to:

- Serve as a precursor to nitric oxide (NO), a potent vasodilator.
- Enhance endothelial function, improve blood flow, and support cardiovascular and erectile function.

Sildenafil Citrate is intended to:

- Inhibit PDE5 enzyme, prolonging the effects of NO-mediated vasodilation.

Indications Commonly Prescribed for:

- Erectile dysfunction (ED)
- Endothelial dysfunction
- Cardiovascular support
- Peripheral circulation improvement

Before Use: Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

Contraindications:

- Concurrent nitrate therapy or guanylate cyclase stimulators (e.g., riociguat): Risk of life-threatening hypotension.
- Severe cardiovascular disease (unstable angina, recent MI, uncontrolled arrhythmia): Avoid PDE5 inhibitors.
- Contraindicated in patients with herpes infections (may trigger outbreaks by enhancing viral replication).

Cautions: Let your Healthcare provider know if you experience any adverse side effects.

How to Use: This compounded preparation is in the form of an oral capsule. Swallow the capsule whole with a glass of water. Do not chew or crush the capsule. If you miss a dose, take as soon as you remember, but not at the time for the next dose. Desired results may take up to several weeks.

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Warnings and Precautions:

- Additive vasodilation: Risk of hypotension, dizziness, syncope when used together.
 - Cardiac risk: Both agents increase cardiac workload indirectly through vasodilation; evaluate CV risk before prescribing.
 - Renal/hepatic impairment: Dose adjustments may be needed for sildenafil; monitor in advanced renal impairment.
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Adverse Reactions:

Common:

- GI upset (nausea, diarrhea, bloating)
- Headache
- Hypotension (high doses)

Serious, but Rare:

- Hyperkalemia
 - Hearing/vision loss
 - Priapism
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Interactions:

- Nitrates or guanylate cyclase stimulators: Severe hypotension.
 - Antihypertensives (especially alpha-blockers): Additive BP lowering.
 - Other vasodilatory supplements (e.g., yohimbine, niacin): May compound hypotension risk.
 - Insulin or diabetes meds: Theoretical additive effect on glucose metabolism .
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Use in Specific Populations:

- Pregnancy/Lactation: Contraindicated.
 - Elderly: Greater sensitivity to hypotension; sildenafil dose adjustments may be required.
 - Renal/Hepatic impairment: Use lowest effective sildenafil dose; monitor for accumulation.
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Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
 - Store in a cool dry place away from heat, sunlight, and moisture
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Monitoring Parameters:

- Clinical: Erectile function, symptom improvement, BP response, adverse effects.
 - Vitals: Blood pressure, heart rate (especially when combined).
 - Lab: Electrolytes if high-dose arginine or renal impairment; LFTs/renal function if sildenafil used long-term.
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Citations:

1. El-Wakeel LM, Fouad FA, Saleem MD, Saber-Khalaf M. Efficacy and tolerability of sildenafil/l-arginine combination relative to sildenafil alone in patients with organic erectile dysfunction. *Andrology*. 2020;8(1):143-147. doi:10.1111/andr.12671
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