

Ammonia Clearing with Ammonia Scavenger or L-Ornithine HCl

When you eat protein, the body breaks it down into amino acids. Ammonia is then produced from leftover amino acids, and they must be removed from the body. Those with certain cystathionine beta-synthase (CBS) gene mutations make more ammonia than others and if a person is infected with Lyme Disease, extra ammonia is produced by Lyme as an exotoxin. All of these can raise blood ammonia levels resulting in brain fog, headaches, insomnia, irritability, and increased glutamate levels which amplify pain signaling.

Overnight, ammonia concentrates in the bladder due to anti-diuretic hormone (ADH). Your body clears the excess ammonia by converting ornithine to citrulline in the Urea Cycle. However, if you produce too much ammonia or can't convert ornithine to citrulline well, not all of the ammonia is cleared and the urine pH raises, favoring the growth of pathogens that flourish at a pH greater than 6.2. Those include enterococcus, pseudomonas, Morganella, and Serratia. Other pathogens (Prevotella, Proteus, and Enterobacter) are capable of decoupling the ammonia from the urea, also resulting in higher ammonia levels in the bladder.

This high ammonia level damages the GAG layer of the bladder wall, creating further damage by the bacteria not only attaching to the surface, but by invading the damaged bladder wall. Therefore, clearing the ammonia by supplementing extra ornithine and/or citrulline will stop ongoing damage to the bladder wall and discourage the growth of pathogens which favor a higher pH environment.

How is Ammonia Scavenger or L-Ornithine HCl Dosed?

In order to determine the correct dosage of Ammonia Scavenger or L-ornithine HCl your body needs, check your first morning urine pH with a pH test strip. The goal is between 5.75 and 6.0. If above 6.0 then you need to take the one of those products that evening (start with 2 capsules of Ammonia Scavenger or 2-3 Grams of L-Ornithine HCl, depending upon how high the pH was that morning). The next morning recheck the first morning urine pH and if still too high, increase the Ammonia Scavenger by one capsule or L-ornithine HCl another 500 mg that evening. If below 5.75, reduce the dosage. Continue this process until your first morning urine pH is in the correct range. If you have a build up of ammonia from not clearing it for a long time or from pathogens that increase ammonia, it may take a few weeks to find the dosage that keeps the pH in the correct range. Those with Lyme disease may find the pH fluctuating more than others.

L-ornithine HCl is supplied as 500 mg capsules or as a bulk powder and can be taken with or without food. Citrulline can be added in if needed in dosages up to 3 Grams. Capsules can be opened and the powder taken in a drink or on food. Do NOT use L-ornithine aspartate since it is buffered and won't lower the pH significantly. Another option is using Ammonia Scavenger. This can be dosed up to 4 capsules/day and combines ornithine and citrulline with some herbs which aid in ammonia binding.

<https://femologist.com/products/ammonia-scavenger-liver-tox-90-drcaps>

<https://femologist.com/products/l-ornithine-l-alpha-amino-acids-500-mg-180-capsules>

These supplements have proven to be extremely helpful in stopping the ongoing bladder wall damage due to accumulated ammonia and discouraging the growth of high pH loving pathogens.