

TryptoPure® L-Tryptophan

90 vegetarian capsules

Item Catalog Number: 00866

When tryptophan is ingested as a food or supplement, it is naturally degraded by specialized enzymes in the body. The problem is activity of one of these enzymes increases with age thereby denying the brain the tryptophan it needs to produce adequate serotonin. The result of the excess degradation of tryptophan can be seen in serotonin-associated troubles, such as:

- Poor sleep quality
- Emotional mood and stress
- Weight gain and appetite
- Loss of feeling of well-being

The degradation of tryptophan in the body can be inhibited with the intelligent use of other nutrients. For instance, the amino acid lysine competes with tryptophan in the same oxidative degradation pathway. This means that in the presence of sufficient lysine, less tryptophan is broken down through oxidation. Supplementation with nicotinamide has also been shown to spare plasma L-tryptophan from oxidation through the major pathway, permitting more plasma L-tryptophan to be available for conversion into serotonin.

The primary tryptophan-degrading enzyme is overactivated by inflammatory cytokines. The most comprehensive way to help prevent the enzymatic degradation of tryptophan thus is to suppress the inflammatory factors by taking the proper dose of extracts from ginger, hops, and rosemary.

A patent-pending formula called Optimized TryptoPure® Plus has been developed to protect tryptophan against excessive degradation in our aging bodies, thus sparing it for conversion into serotonin in the brain. Lysine, niacinamide, hops, ginger, and rosemary extracts have been shown to help the body utilize tryptophan more efficiently.^{14,15}

The Optimized TryptoPure® Plus formula contains tryptophan that is certified pure enough to be used as an active ingredient in pharmaceutical products. This pharmaceutical-grade L-tryptophan costs more than other tryptophan raw material as it undergoes significantly more rigorous manufacturing processes to safeguard purity.

References

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 90

Amount Per Serving

TryptoPure® L-Tryptophan (100% pure USP pharmaceutical-grade L-tryptophan)

500 mg

Other ingredients: vegetable cellulose (capsule).

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

TryptoPure® is a registered trademark of Ajinomoto Company, Inc.

Dosage and Use

- Take one capsule one to three times daily, or as recommended by a healthcare practitioner.
- For maximum absorption, take with six to eight ounces of water or a small amount of carbohydrate such as diluted juice.
- Take separately from food or supplements containing protein or amino acids.
- Vitamin B6 is an essential cofactor in the conversion of L-tryptophan to serotonin in the body, while niacinamide plays an important role in enabling the body to properly utilize amino acids like tryptophan. Therefore, those taking L-tryptophan may find optimal results by consuming a B-complex supplement during the day that provides at least 50 mg of niacinamide and 50 mg of vitamin B6.

Caution

Serotonin syndrome is characterized by high levels of serotonin and symptoms like confusion, sweating, agitation, nausea, involuntary muscle contractions, and racing heartbeat. Do not take L-tryptophan if you experience these symptoms. Do not take L-tryptophan in combination with other agents that increase serotonin levels in the central nervous system. Agents that increase serotonin levels can include psychiatric medications (e.g., antidepressants, lithium), migraine medications (e.g., sumatriptan), Parkinson's disease medications (e.g., carbidopa), and dextromethrphan, an over-the-counter cough suppressant. Do not use before driving or operating heavy machinery.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.