

## D,L-Phenylalanine Capsules

### 500 mg, 100 capsules

Item Catalog Number: 00034

L-phenylalanine is an essential amino acid that can be converted to L-tyrosine by a complex biochemical process which takes place in the liver.

L-tyrosine can be converted by neurons in the brain and in the adrenal medulla of the adrenal glands to dopamine, norepinephrine (noradrenaline), and epinephrine hormones that are depleted by stress, overwork and certain drugs. By replenishing norepinephrine in the brain, mental energy levels are enhanced and a feeling of contentment often occurs. Because of the liver conversion necessary for L-phenylalanine to have these effects, L-tyrosine is often faster acting. In addition, the conversion step from L-tyrosine to norepinephrine may be enhanced if the co-factors (vitamins B6 and C) are included.<sup>143-150</sup>

Cells in the adrenal medulla synthesize and secrete norepinephrine and epinephrine. Since both norepinephrine and epinephrine can cause smooth muscle (arterial) contraction, care with blood pressure should be taken when supplementing with L-phenylalanine or L-tyrosine.

L-tyrosine is also a precursor of two thyroid hormones.

Those who supplement with NAC should drink six to eight glasses of water daily to prevent cysteine renal stones. Cysteine renal stones are rare but do occur.

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

#### Amount Per Serving

D,L-phenylalanine

500 mg

Other ingredients: gelatin (capsule shell), magnesium stearate.

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.

### Dosage and Use

- Take one capsule daily on an empty stomach in the morning, or as recommended by a healthcare practitioner.
- Adequate co-factors (vitamins B6 and C) should also be taken if not included with the product.

### Caution

Cancer patients should avoid taking L-phenylalanine and L-tyrosine. Certain cancers, such as melanoma, depend on these amino acids to fuel their growth. Supplemental use of L-phenylalanine and L-tyrosine may raise or normalize blood pressure. Insomnia may occur from overstimulation if taken too close to bedtime. Individuals with the rare metabolic disorder phenylketonuria should avoid phenylalanine. Those suffering from migraine headaches should also avoid L-phenylalanine and L-tyrosine because they form tyramine, a substance that may trigger migraines.

### 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.

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