

D,L-Phenylalanine Powder

100 grams

Item Catalog Number: 00132

L-phenylalanine is an essential amino acid which 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 to dopamine and norepinephrine (noradrenaline), hormones which 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 cofactors (vitamins B6 and C) are included.^{99-107*}

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 L-phenylalanine or L-tyrosine.*

L-tyrosine is also a precursor of two thyroid hormones. D-phenylalanine is unique among amino acids because the D-form (normally not found in life) has biological activity that is different from its L-stereoisomer. D, L-phenylalanine is a 50/50 mixture of the two stereoisomers.

References

Supplement Facts

Serving Size 1 teaspoon

Amount Per Serving

DL-phenylalanine

2700 mg

This product contains NO sugar, yeast, wheat, gluten, corn, soy or dairy. Contains NO artificial color, sweeteners, flavors or preservatives.

Dosage and Use

- Suggested dose is 500 to 1000 mg in the morning or afternoon.
- More may be necessary for depression or pain.*
- These products are best utilized when taken on an empty stomach mixed with juice or water.
- Adequate cofactors (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 over stimulation if taken too close to bedtime. Individuals with the rare metabolic disorder Phenylketonuria should avoid phenylalanine.

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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