

L-Tyrosine Plus Powder

100 grams

Item Catalog Number: 035

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 1/2 level teaspoon (1.5 g)

Servings Per Container 66

Amount Per Serving

Vitamin C (as magnesium ascorbate)	500 mg
Vitamin B6 (pyridoxine HCl)	100 mg
Magnesium (as magnesium ascorbate)	38 mg
L-tyrosine	700 mg

Other ingredients: none.

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

Dosage and Use

- Take 1/2 level teaspoon daily on an empty stomach, or as recommended by a healthcare practitioner.

Caution

May cause anxiety, high blood pressure, and headache. Do not use if you have phenylketonuria. Do not use tyrosine if you have cancer or muscular dystrophy. Because tyrosine can elevate blood pressure in hypertensives, consult your healthcare practitioner before supplementing with tyrosine. Insomnia may occur if taken too close to bedtime.

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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