

L-Tyrosine

500 mg, 100 tablets

Item Catalog Number: 00326

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 and in the adrenal medulla of the adrenal glands to dopamine, norepinephrine (noradrenaline), and epinephrine 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 co-factors (vitamins B6 and C) are included.106-114

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,L-phenylalanine is a 50/50 mixture of its two stereoisomers.

References

Supplement Facts

Serving Size 1 tablet

Servings Per Container 100

Amount Per Serving

L-tyrosine 500 mg

Calcium 157 mg

Other ingredients: dibasic calcium phosphate, sorbitol, stearic acid, colloidal dioxide, magnesium stearate, modified cellulose gum.

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. Those suffering from migraine headaches should also avoid L-phenylalanine and L-tyrosine because they form tyramine, a substance that may trigger migraines.

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.