

# L-Tyrosine

Relieves mood disorders  
& chronic fatigue

- AIDS THYROID FUNCTION
- REDUCES FATIGUE



**L-Tyrosine** is a nonessential amino acid (protein building block) that the body synthesizes from the amino acid phenylalanine. Tyrosine is important for the structure of almost all proteins in the body.

L-Tyrosine, through its effect on neurotransmitters, may affect several health conditions, including Parkinson's disease, and other mood disorders. Preliminary findings indicate a beneficial effect of tyrosine, along with other amino acids, in people affected by dementia, including Alzheimer's disease. Due to its role as a precursor to norepinephrine and epinephrine (two of the body's main stress-related hormones) tyrosine may also ease the adverse effects of environmental, psychosocial, and physical stress.

L-Tyrosine is also a direct precursor to thyroxin, a primary thyroid hormone, as well as adrenaline and nor-adrenaline. Thyroxin has been found to increase the metabolic rate and control the growth rate. L-Tyrosine is a necessary amino acid in the production of neurotransmitters including epinephrine, norepinephrine, L-dopa and dopamine. L-Tyrosine also appears to have a mild stimulatory effect on the central nervous system. Patients with a thyroxin deficiency have symptoms including excess weight gain, cold hands and feet, and decreased basal metabolism. L-Tyrosine has been found to assist in optimizing thyroid hormone levels, increased mood, concentration, and productivity.

L-Tyrosine is used to treat conditions such as mood disorders, poor coping ability, fatigue, low sex drive, low metabolism, and drug abuse (when combined with tryptophan). It can also improve endurance under stress and is effective as an appetite suppressant. When taken properly, L-tyrosine can assist a sluggish thyroid and aid the dieter in losing excess, unwanted pounds.

L-Tyrosine is converted by skin cells into melanin, the dark pigment that protects against the harmful effects of ultraviolet light. Thyroid hormones, which have a role in almost every process in the body, also contain tyrosine as part of their structure. People born with the genetic condition phenylketonuria (PKU) are unable to metabolise the amino acid phenylalanine. Mental retardation and other severe disabilities can result. While dietary phenylalanine restriction prevents these problems, it also leads to low tyrosine levels in many (but not all) people with PKU. Tyrosine supplementation may be beneficial in some people with PKU, though the evidence is incomplete.

### How much is usually taken?

Most people should not supplement with L-tyrosine. Some human research with people suffering from a variety of conditions used 100 mg per 2.2 pounds of body weight, equivalent to about 7 grams per day for an average sized person. The appropriate amount to use in people with PKU is not known, therefore, the monitoring of blood levels by a physician is recommended.

### Each vegetable capsule contains:

2-amino-3-(4-hydroxyphenyl) propionic acid (L-Tyrosine)..... 500 mg  
Isolated from corn.

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservatives, artificial flavour or colour, yeast, wheat, salt, milk, egg, sugar, or starch.

### Suggested use:

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking etc.). Take orally 2 capsules per day with meal or as directed by your health care practitioner and consult a health care practitioner for long-term use.

**Do not use if seal has been breached. Store in a dark and dry place.**

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:

- Near-Infrared Spectroscopy (FT-NIR Spectrometer)
- Microwave Digesting Unit
- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- UV/VIS Spectrophotometer
- Headspace Gas Chromatography (organic solvent residues)

**Manufactured under strict GMP (Good Manufacturing Practices)  
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