



## Product Detail Sheet

# L-TYROSINE

- **A vegetarian dietary supplement to support mood balance, stress management and thyroid function.\***

- **Used in:**

- Protein synthesis
- Epinephrine, norepinephrine and dopamine production (support mood)
- Thyroid hormone synthesis (regulate metabolism)

- **Recommended to:**

- Support alertness\*
- Help cope with stress\*
- Support those with symptoms of PMS\*
- Support a balanced mood\*
- Improve sex drive\*
- Support relaxation\*
- Help suppress the appetite\*

- **Conditionally Essential**

- The body can synthesize Tyrosine from the amino acid phenylalanine to meet the body's demands, however there are conditions like Phenylketonuria that require a dietary source of L-Tyrosine to meet the body's needs.

- **Thyroid**

- Tyrosine is used as a precursor to thyroid hormones tyroxine and triiodotyronine, which support thyroid function.\*

- **Mood**

- Tyrosine is a precursor of adrenaline and the neurotransmitters norepinephrine and dopamine, which regulate mood and stimulate the metabolism and nervous system.\*

- Decreased Tyrosine leads to decreased production of norepinephrine and dopamine which can lead to low mood states. Supplementing with L-Tyrosine can help support a balanced mood.\*

- **Stress**

- Some scientists believe that the brain may not be able to synthesize tyrosine from phenylalanine under stressful conditions so epinephrine, norepinephrine and dopamine production may also be reduced, but supplementing with L-Tyrosine may help the body to better cope with stress.\*

- **Supplement Facts**

- **Serving Size: 1 Capsule**

- **Amount Per Serving**

- L-Tyrosine 500 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

**Warning:** If you are taking thyroid medication or have hyperthyroidism or Grave's Disease, do not take this product.

- **Caution:** If pregnant or nursing, consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 capsule, 1 to 2 times daily between meals.

0600286.060 (60 Vegetarian Capsules)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease

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