

## L-Threonine

### DESCRIPTION

L-Threonine, provided by Douglas Laboratories, supplies 500 mg of this amino acid in each capsule.

### FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissue including skin, bone and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neurotransmitters, including biologically active peptides. L-Threonine is an essential amino acid that must be obtained from the diet. It can play important roles in supporting liver health and normal wound healing.

### INDICATIONS

L-Threonine may be a useful dietary adjunct for individuals wishing to supplement with this amino acid.

### FORMULA (#7946)

1 Capsule Contains:

L-Threonine ..... 500mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by your health care professional.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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Growdon JH, Nader TM, Schoenfeld J, Wortman RJ. L-threonine in the treatment of spasticity. *Clin Neuropharmacol* 1991;14:403-12.

Lee A, Patterson V. A double blind study of L-threonine in patients with spinal spasticity. *Acta Neurol Scand* 1993;88:334-8.

Mansoor O, Breuillé D, Béchereau F, Buffière C, Pouyet C, Beaufrère B, Vuichoud J, Van't-Of M, Obled C. Effect of an enteral diet supplemented with a specific blend of amino acid on plasma and muscle protein synthesis in ICU patients. *Clin Nutr.* 2007 Feb;26(1):30-40. Epub 2006 Sep 25.

**For more information on L-Threonine visit [douglaslabs.com](http://douglaslabs.com)**

† 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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Your patients trust you.**