

## L-Tyrosine 500 mg

### DESCRIPTION

L-Tyrosine 500 mg capsule is an L-crystalline amino acid in supplemental form that may support neurotransmitters and stress-related performance, memory, alertness, and sense of well-being.†

### FUNCTIONS

Tyrosine is a precursor of important neurotransmitters in the brain, such as dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline). The synthesis of these neurotransmitters is limited by the rate of tyrosine entry from plasma into the brain and competing amino acids. L-tyrosine is a conditionally essential amino acid that can be synthesized by the body from the essential amino acid phenylalanine. Therefore, adequate tyrosine production depends on a sufficient supply of phenylalanine in the diet. However, in people that have phenylketonuria (PKU) who cannot synthesize tyrosine from phenylalanine, tyrosine is an essential amino acid.

Tyrosine may help support the effects related to stress.† Under stressful conditions, it is hypothesized that the brain may not be able to synthesize enough tyrosine from phenylalanine. Catecholamines like epinephrine, norepinephrine, and dopamine that are synthesized from tyrosine may become depleted during stress. Therefore, supplementation with tyrosine may allow increased catecholamine synthesis for the brain, and support healthy response to stress.† There is some evidence in animals and humans that supplemental tyrosine might support performance, memory, and learning, under extreme environmental conditions, in addition to alertness following sleep deprivation.†

### INDICATIONS

L-Tyrosine is indicated for individuals that want to supplement this individual amino acid.

### FORMULA (#7549-60X)

1 capsule serving size:

L-Tyrosine.....500 mg

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate

### SUGGESTED USE

Adults take 1 capsule daily, preferably without food, or as directed by a healthcare professional.

**Warning:** If you are taking L-dopa or thyroid hormone medication, consult your physician before taking this product.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

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

### REFERENCES

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**For more information on L-Tyrosine 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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