



# L-Tyrosine

## INTRODUCED 2002

### What Is It?

The amino acid tyrosine is a precursor of the thyroid hormone thyroxine and catecholamine neurotransmitters, enhancing mood and cognitive function especially under situations involving stress or when dopamine, epinephrine or norepinephrine levels require additional support.\*

### Uses For L-Tyrosine

**Cognitive Health:** In the body, phenylalanine is converted to tyrosine. The amino acid tyrosine is a precursor of catecholamine neurotransmitters, including L-dopa, dopamine, epinephrine, and norepinephrine. These neurotransmitters are responsible for supporting emotional well-being and mental function. L-Tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. Research has indicated its potential to promote cognitive function and memory under stressful conditions. In one study, L-tyrosine enhanced mood and sleep in subjects with low dopamine levels.\*

**Thyroid:** Tyrosine is a key component in the synthesis of the thyroid hormone thyroxine.\*

### What Is The Source?

L-Tyrosine is extracted from protein and extensively processed and purified in a semi-synthetic process.

### Recommendations

Pure Encapsulations recommends 1–4 capsules daily, in divided doses, between meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In rare cases, L-tyrosine has been associated with nausea, headache, fatigue, heartburn or joint pain. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Tyrosine may alter the effects of thyroid medications. Avoid taking tyrosine with L-dopa. Consult your physician for more information.

#### L-Tyrosine

each vegetable capsule contains  00

l-tyrosine (free-form) ..... 600 mg

1–4 capsules per day, in divided doses, between meals.

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

For educational purposes only. Consult your physician for any health problems.



