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

INTRODUCED 2002

each vegetable capsule contains
L-tyrosine (free-form) ............................................. 600 mg
1–4 capsules per day, in divided doses, between meals.