

L-Tyrosine

4701 – 90 vegetarian capsules

The Possible Benefits of L-Tyrosine

- Assists the body to cope with stress and alleviates fatigue
- Helps improve production of thyroid hormone and skin pigment melanin
- Alleviates hypothyroidism by stimulating the thyroid gland
- Stimulates weight loss in persons who are afflicted with obesity

Description

Tyrosine is important to the structure of proteins and the precursor of several neurotransmitters in the body, including dopamine, norepinephrine and epinephrine. Tyrosine's effect on neurotransmitters makes it helpful for maintaining a positive mood.

Tyrosine, because of its role in assisting the body to cope physiologically with stress and building the body's natural store of adrenaline, deserves to be called the stress amino acid. Stress exhaustion requires tyrosine. During periods of stress, in order to continue coping with stress physiologically, the brain requires tyrosine. Tyrosine aids children and young teens, as well as adults, with recurrent depression and mood disorders. In children, dosage ranges from 200 to 500 mg daily.

Tyrosine (1,500 mg per day) increases the body's production of energy by stimulating the Thyroid Gland and by facilitating the production of Norepinephrine, and is especially helpful for chronic fatigue syndrome patients.

500 – 1,000 mg of tyrosine daily helps alleviate hypothyroidism by stimulating the thyroid gland.

Recommended Dosage: one to two capsules per day on an empty stomach.

Product Cautions

Use only as directed. Not for use by children, pregnant or lactating women or by persons with the genetic metabolic disorder of phenylketonuria (PKU), psychosis, hypertension, pigmented malignant melanoma, cancer, violent temper, or persons taking prescription MAO (monoamine oxidase) inhibitor drugs. Excessive consumption of phenylalanine and/or tyrosine may cause symptoms of over-stimulation: tremors, rapid heartbeat, irritability or insomnia. In case of excessive stimulation or insomnia: reduce consumption by half, and avoid intake during late afternoon or evening hours. Not to be taken by persons suffering from hyperthyroidism.

* As per US federal guidelines, we need to inform you that 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.