

L-Phenylalanine 500mg

(Free-form)

Presentation

A white/cream powder in a clear hard shell capsule.

Each capsule delivers:

L-Phenylalanine 500mg

Encapsulated with:

Capsule Shell (Gelatin), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8321



Uses

Phenylalanine is an essential amino acid so it can not be synthesised by the body and must therefore be obtained from food. In the body phenylalanine is converted in to another amino acid, tyrosine, which in turn is used by the body to produce the neurotransmitters called catecholamines which include adrenaline, noradrenaline and dopamine.

Phenylalanine occurs in two forms; L-Phenylalanine which is a natural amino acid found in proteins and D-Phenylalanine which can be produced in a laboratory but is not needed by the body as a nutrient.

Lamberts® L-Phenylalanine is presented in its free-form to help ensure optimal absorption.

- Precursor for the excitatory neurotransmitters – adrenaline, noradrenaline and dopamine
- These three neurotransmitters are important in alertness, memory and muscle co-ordination.

Usage and administration

1 capsule daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

L-PHENYLALANINE MUST NOT BE TAKEN BY PHENYLKETONURIA SUFFERERS (PKU).

L-Phenylalanine should not be used with MAO inhibitors (a type of anti-depressant medicine).

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

