

L-Tyrosine 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Tyrosine 500mg

Encapsulated with:

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

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8329



Uses

Tyrosine is an essential amino acid that is able to cross the blood-brain barrier. Once in the brain, it is a precursor for the neurotransmitters dopamine, norepinephrine and epinephrine better known as adrenalin. These neurotransmitters are an important part of the body's sympathetic nervous system.

- Tyrosine is the precursor for thyroxine, catecholamines and the major human pigment, melanin
- It plays a role in the function of the adrenal, pituitary and thyroid glands
- Tyrosine is not found in large quantities throughout the body because it is rapidly metabolised.

Usage and administration

1 to 4 capsules 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-Tyrosine 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.

