L-Tyrosine 500mg (Free-form)

Presentation

A white powder in a clear hard shell capsule.

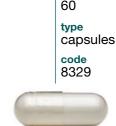
Each capsule delivers:

L-Tyrosine

500mg

Encapsulated with: Capsule Shell (Gelatin), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.



quantity

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 antidepressant 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.

