

# L-Tyrosine

*Health-supportive amino acid*

Tyrosine is a non-essential amino acid required for optimal functioning of numerous biochemical pathways and physiological processes. It is a building block for thyroid hormone and the neurotransmitters dopamine, epinephrine and norepinephrine. As such, adequate intake of tyrosine is important for supporting steady energy levels, an efficient metabolic rate, a positive mental outlook, and a healthy response to stress.

Even though the body can synthesize tyrosine internally, the capacity for this declines with age, and many health conditions may increase the need for tyrosine above that which is typically obtained through the diet. Moreover, other amino acids compete with tyrosine for absorption, so in order to effectively optimize tyrosine levels in the body, some individuals may benefit from taking supplemental tyrosine separately from other protein-rich foods.

## L-Tyrosine may be helpful for:

- **Healthy stress management:** When under long-term stress, the adrenal glands may become “exhausted” and unable to keep up with the body’s need for hormones and neurotransmitters involved in a balanced response to stress. This may result in someone feeling overwhelmed and/or overly alarmed by everyday events. Supplemental tyrosine may help by providing adequate building blocks for compounds that help the body cope with stress.
- **Sustained energy levels:** Adrenal exhaustion may result in feelings of physical and psychological/emotional fatigue. By facilitating the production of adrenal compounds, tyrosine may help provide a natural way to support energy levels, as well as potentially improve stamina for exercise.
- **Circumstances related to low dopamine levels:** Various addictions, a poor mental outlook, negative affect, and other health concerns may stem from inadequate levels of dopamine. Ensuring a sufficient supply of tyrosine may help the body generate more of this neurotransmitter.
- **Efficient metabolism:** As the building block for thyroid hormone—which helps determine the body’s metabolic rate—an adequate supply of tyrosine is crucial for maintaining a healthy metabolism and converting food into energy.

This product provides 1200mg of tyrosine in each 2-capsule serving. (The typical amount of tyrosine in a 3-ounce portion of animal protein is 0.3-1g.) Vitamin C is included due to its role as a required cofactor for synthesizing norepinephrine from tyrosine.

**Recommended Use:** As a dietary supplement, take 2 capsules per day between meals, or as directed by your health care practitioner.

**Interactions with Drugs:** Due to competition for absorption in the small intestine, tyrosine may decrease the effectiveness of L-dopa (Levodopa). If you take L-dopa, wait at least 2 hours before taking tyrosine. Tyrosine supplementation may also increase the effect of drugs that affect dopamine metabolism (consult with your health care practitioner).

**Who Should Not Take Tyrosine?** Tyrosine should not be taken by those with diagnosed schizophrenia, manic conditions, anxiety, insomnia, or cancer (including skin cancer), without consulting their health care practitioner. Tyrosine may interfere with the effectiveness of antipsychotic drugs.



\*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.

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