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ESSENTIALS

L-TYROSINE 500 mg

Free form amino acid.

Nutritional Information

One Capsule provides:

L-Tyrosine	500 mg
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Take one to four capsules daily on an empty stomach. Swallow with water.



SUMMARY

- 500 mg per tablet
- Free form amino acid

DESCRIPTION

L-Tyrosine is an amino acid which is required for the creation of proteins, cell structures, hormones and neurotransmitters within the body and therefore influences many systems of the body. L-Tyrosine is a precursor to thyroid hormones which help to control metabolism. It is a conditionally essential amino acid which passes the blood brain barrier where it influences mood and the stress response. Quest L-Tyrosine provides 500 mg of tyrosine per tablet.

WHY IS L-TYROSINE REQUIRED IN THE BODY?

Dopamine

L-Tyrosine for the creation of dopamine: L-Tyrosine is a precursor to dopamine which provides the rewarding and pleasure sensations, as well as facilitating learning and working memory. Dopamine is also required for the control of motor skills and for memory.¹

Dopamine dependent depression: L-Tyrosine supplementation has been shown to be beneficial for patients with dopamine dependent depression. Patients noted a return of normal moods on the first day of supplementation and improved sleep was also observed. More than 50 patients were successfully treated for periods of time ranging from a few months to two years.²

Learning and memory: Learning and memory are strongly regulated by dopamine, and low levels may negatively affect working memory³. A study investigated the relationship between tyrosine supplementation and working memory. Tyrosine significantly improved working memory when compared to a placebo.⁴

The thyroid

Tyrosine for the creation of thyroid hormones: L-Tyrosine is required for the conversion of iodine into the thyroid hormones. L-Tyrosine is oxidised along with iodine to form iodotyrosin, a precursor to thyroid hormones⁵. Thyroid hormones regulate metabolism and control the rate at which calories are used and energy is created.

Stimulating higher levels of thyroid hormones: Tyrosine supplementation leads to an increase in thyroid hormones. L-Tyrosine increases brain levels of noradrenaline which induces thyrotropin-releasing hormone neurons to release higher levels of thyrotropin-releasing hormone which encourages the release of thyroid stimulating hormone. High levels of thyroid stimulation hormones lead to higher levels of thyroid hormones.⁶

Stress

Adrenaline production: L-Tyrosine is a precursor to adrenaline which is produced in the adrenal glands. Adequate adrenaline is required for basic biological functions as well as everyday activities, energy and the fight or flight response.⁷

Decreasing the effect of stress: L-Tyrosine supplementation may reduce the effects of psychological and physical stress. Stress depletes the brain of noradrenaline and L-Tyrosine supplementation prevents this stress induced decline from happening and enhances performance in stressful situations including sleep deprivation, combat training, cold exposure and unpleasant background noise.⁸

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING L-TYROSINE?

L-Tyrosine is intended exclusively for use by adults and is not recommended for use by:

- Pregnant and breastfeeding women
- Children

FEATURES

- 500 mg per tablet
- Free form amino acid
- Suitable for vegans

HEALTH NEEDS



STRESS & HECTIC
LIFESTYLE



SPECIALIST
HEALTH

SCIENTIFIC REFERENCES

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3. Prog Brain Res. 2008;172:603-23.
4. Pharmacology, biochemistry and behaviour. 1999; 64; 3; 495-500
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6. Neural Regen Res. 2012 Jun 25; 7(18): 1413-1419.
7. J Nutr. 2007 Jun;137(6 Suppl 1):1539S-1547S;
8. Alternative Medicine Review. 14.2 (June 2009): p114+

