

# L-Tyrosine

Amino acid · Relieves mood disorders and chronic fatigue



- Aids thyroid function
- Reduces fatigue

**ISO 17025**  
Accredited Laboratory



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# L-Tyrosine



L-Tyrosine is a nonessential amino acid (protein building block) that the body synthesizes from the amino acid phenylalanine. Tyrosine is important for the structure of almost all proteins in the body.

L-Tyrosine, through its effect on neurotransmitters, may affect several health conditions, including Parkinson's disease, and other mood disorders. Preliminary findings indicate a beneficial effect of tyrosine, along with other amino acids, in people affected by dementia, including Alzheimer's disease. Due to its role as a precursor to norepinephrine and epinephrine (two of the body's main stress-related hormones) tyrosine may also ease the adverse effects of environmental, psychosocial, and physical stress.

L-Tyrosine is also a direct precursor to thyroxine, a primary thyroid hormone, as well as adrenaline and noradrenaline. Thyroxine has been found to increase the metabolic rate and control the growth rate. L-Tyrosine is a necessary amino acid in the production of neurotransmitters including epinephrine, norepinephrine, L-dopa and dopamine. L-Tyrosine also appears to have a mild stimulatory effect on the central nervous system. Patients with a thyroxine deficiency have symptoms including excess weight gain, cold hands and feet, and decreased basal metabolism. L-Tyrosine has been found to assist in optimizing thyroid hormone levels, increased mood, concentration, and productivity.

L-Tyrosine is used to treat conditions such as mood disorders, poor coping ability, fatigue, low sex drive, low metabolism, and drug abuse (when combined with tryptophan). It can also improve endurance under stress and is effective as an appetite suppressant. When taken properly, L-tyrosine can assist a sluggish thyroid and aid the dieter in losing excess, unwanted pounds.

L-Tyrosine is converted by skin cells into melanin, the dark pigment that protects against the harmful effects of ultraviolet light. Thyroid hormones, which have a role in almost every process in the body, also contain tyrosine as part of their structure. People born with the genetic condition phenylketonuria (PKU) are unable to metabolise the amino acid phenylalanine. Mental retardation and other severe disabilities can result. While dietary phenylalanine restriction prevents these problems, it also leads to low tyrosine levels in many (but not all) people with PKU. Tyrosine supplementation may be beneficial in some people with PKU, though the evidence is incomplete.

## Each vegetable capsule contains:

L-Tyrosine ..... 500 mg

**Other ingredients:** Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80000017 · V0169-R3

## Suggested use:

Take orally 2 capsules per day with meals or as directed by your health-care practitioner and consult a health-care practitioner for long-term use.

Manufactured under strict GMP (Good Manufacturing Practices).

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