

## L-Phenylalanine

### DESCRIPTION

L-Phenylalanine, provided by Douglas Laboratories, supplies 500 mg of pure L-Phenylalanine in each capsule.

### FUNCTIONS

Phenylalanine is an essential amino acid that must be obtained through the diet. Found primarily in high protein sources such as meat and eggs, it plays an important role in regulating the nervous system. L-Phenylalanine can be used to metabolize two distinct chemicals, phenylethylamine and tyrosine. Phenylethylamine is a neuroamine which may have regulating effects in mood and feelings of well-being. Tyrosine is an important amino acid used to produce certain neurotransmitters, including dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline). The synthesis of these neurotransmitters is limited by the rate of tyrosine entry from plasma into the brain. L-tyrosine is a conditionally essential amino acid that can be manufactured by the body from the essential amino acid phenylalanine. Therefore, adequate tyrosine production depends on a sufficient supply of phenylalanine in the diet

### INDICATIONS

L-Phenylalanine may be a useful dietary adjunct for individuals wishing to supplement their diet with this essential amino acid.

### FORMULA (#7945)

Each Capsule contains:

L-Phenylalanine ..... 500mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by healthcare professional.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Fernstrom JD. Dietary amino acids and brain function. J Am Diet Assoc. 1994 Jan;94(1):71-7.  
Fernstrom JD. Dietary precursors and brain neurotransmitter formation. Annu Rev Med. 1981;32:413-25.  
Growdon JH, Wurtman RJ. Nutrients and neurotransmitters. N Y State J Med. 1980 Sep;80(10):1638-9.  
McLean A, Rubinsztein JS, Robbins TW, Sahakian BJ. The effects of tyrosine depletion in normal healthy volunteers: implications for unipolar depression. Psychopharmacology (Berl). 2003 Sep 4

**For more information on L-Phenylalanine visit [douglaslabs.com](http://douglaslabs.com)**

† 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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Your patients trust you.**