

break  
through  
to the  
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

## Client Information

# L-Tyrosine

(100 vcaps)

£21.90

Amino acids have numerous functions within the body, they are the building blocks for all body proteins that build muscle, connective tissue and bones. In most circumstances the body is able to synthesise L-Tyrosine in sufficient quantities from another essential amino acid, phenylalanine, combined with dietary sources obtained from animal and vegetable proteins. However, levels of L-Tyrosine can be lowered by the use of contraceptive and HRT drugs, placing a larger demand on the body.

L-Tyrosine is the precursor for the synthesis of catecholamines (dopamine, norepinephrine and adrenaline) which support stress response mechanisms. Supplementing with L-Tyrosine may have a mild anti-depressant effect.

L-Tyrosine also acts as a precursor for the synthesis of the thyroid hormones, thyroxine (T4) and triiodothyronine (T3). These hormones are synthesized from thyroglobulin, a protein rich in tyrosine residues that reacts with iodine. Thyroglobulin functions as storage for thyroid hormones and once released act to increase oxygen consumption and basal metabolic rate.

**Suggested Use:** 1 to 4 capsules daily between meals.

(If used in conjunction with 5-HTP take 1 capsule with each 5-HTP dose.)

**Cautions and Contraindications:** No adverse events have been reported.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule		% Daily Value
L-Tyrosine	500 mg	*
* Daily value not established		

This product was made in a GMP and ISO 9001:2000 registered facility.

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This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

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### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.