

## Dopamine Essentials - 120 caps

CCS2100120

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Good for, e.g.: normal cognitive functions (learning ability, concentration and intelligence).

### Description

Dopamine is an important neurotransmitter, active in various parts of the brain. Dopamine is involved in, for example, the experience of pleasure and the reward system of the brain.

Dopamine also plays a key role in making decisions and motivating action, and it affects motor skills.

Dopamine Essentials contains a variety of substances, such as minerals, herbs and specific endogenous substances.

**L-tyrosine** is a non-essential amino acid because the body can make it from phenylalanine. Some non-essential amino acids (e.g. arginine, cysteine, tyrosine) are called semi-essential or conditionally essential amino acids because deficiencies can occur during childhood or the absence of health. It is produced by the body (under normal circumstances). It can be used in the form of a supplement in addition to the diet. L-tyrosine is a precursor to the neurotransmitters dopamine, epinephrine and noradrenaline and also acts as a precursor to certain hormones, including thyroxine and the important human pigment melanin.

**Mucuna pruriens** is a natural source of dopamine and L-dopa, the precursor to dopamine. It is important for the nervous system; daily use of mucuna in doses of 100mg or more contributes to the normal functioning of the nervous system. Mucuna is good for memory (normal cognitive function) and maintenance of cognitive function as we age. Mucuna contributes to good resistance and has a positive influence on the immune system. Mucuna is an antioxidant and contributes to the maintenance of healthy tissues and cells (protects against free radicals). Mucuna contributes to the regulation of hormonal activity; is good for male and female libido, contributes to normal menstruation and supports male fertility. Mucuna contributes to a balanced blood sugar level and can contribute to muscle growth and body strength, assuming a basis of good nutrition and sufficient training.

**Schisandra** is an adaptogen, contributes to recovery (mental and physical) and promotes the physiological resistance of the organism under harsh environmental conditions. It also supports liver function (supports the cleansing effect of the liver).

**Siberian ginseng** (*Eleutherococcus senticosus*) is an adaptogen, supports your immune system, contributes to your recovery (mental and physical), aids the upper respiratory tract, has a positive influence on your cognitive and mental performance and contributes to maintenance of normal blood pressure.

**Shilajit** has a beneficial effect on rejuvenation and supports mental and cognitive functions. It supports the function of the immune system, helps with obesity and supports the metabolism of fats and sugars. Shilajit supports normal menstruation and menstrual discomfort and supports the sexual function of women and men. It is good for the urinary tract and prostate and for maintaining strong bones and joint function.

**Black pepper** (*Bioperine*® (with 95-98% piperine)) is an extract from black pepper fruits (*Piper nigrum*). The addition of the patented black pepper extract *Bioperine*® strengthens the formula, because the black pepper extract improves the absorbability of the other nutrients in the formula. Black pepper supports digestion.

**Iodine** is essential for the production of thyroid hormones and supports normal thyroid function. It contributes to normal energy-yielding metabolism (helps free/release energy from fat, carbohydrates and proteins and plays a role in the activity of certain enzymes involved in energy metabolism) and plays an important role in nerve function.

**Selenium** is essential for the production of thyroid hormones, supports the thyroid gland and contributes to the protection of cells against oxidative damage. It has a positive effect on the immune system, is good for sperm quality and male fertility, keeps hair strong and is good

for nails.

**Zinc** supports the immune system, contributes to normal macronutrient metabolism and normal fertility and reproduction. It is good for your bones and contributes to the maintenance of normal hair, normal skin and normal nails.

**Iodine and zinc** are good for normal cognitive function, such as memory, learning, problem solving, concentration and intelligence.

### Suggested usage

- In case of an increased need for dopamine, take 4 capsules daily at breakfast with water or juice, unless recommended otherwise by a healthcare practitioner.
- Do not exceed the recommended dose.
- Consult an expert if you are pregnant, plan to become pregnant or while breastfeeding.
- Store dry and at room temperature. Keep out of reach of young children.
- A varied and balanced diet and a healthy lifestyle are important. Food supplements are not a substitute for a varied diet.
- Suitable for vegetarians and vegans

### Composition

Samenstelling per 4 capsules	
<i>Mineralen</i>	
Jodium	kaliumjodide
Zink	citraat
Selenium	L-selenomethionine
<i>Aminozuren</i>	
L-Tyrosine	
<i>Aanvullende actieve voedingsstoffen</i>	
Macuna pruriens extract	Mucuna pruriens (min. 20% L-dopa)
Schisandra extract	Schisandra chinensis (min. 5% schisandrines)
Shilajit extract	Shilajit asphaltum (min. 20% fulvinezuur)
Zwarte peper extract (uit Bioperine)	Piper nigrum (min. 95% piperine)
Polycosanol	min. 60% L-octacosanol

<b>Categorie:</b>	Cognitive / Neuro, Minerals
<b>Form:</b>	Vegetarian capsule
<b>Free from:</b>	Celery, Egg, Fish, Gluten, Lactose, Mollusc, Mustard, Nuts, Sesame, Shellfish, Soya
<b>Raw Material:</b>	Bioperine, Ginseng, L-Tyrosine, Mucuna Pruriens, Octacosanol , Policosanol, Shilajit