

## L-TYROSINE 500 MG - 60 CAPSULES

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NELTYR

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L-Tyrosine is a non-essential amino acid that can be converted into L-DOPA and dopamine in our brains.

## Description

The determining factor for the production of dopamine, norepinephrine and epinephrine is the amount of free L-Tyrosine in the brains. When there is an insufficient level of free L-Tyrosine present in the brains, the synthesis of dopamine, norepinephrine and epinephrine strongly decreases. This can lead to apathy, less concentration, impaired memory and scant alertness, and in severe cases to burnout. It can also give rise to certain forms of depression (the so-called dopamine-related depressions).

The level of L-tyrosine in our body depends partly on the supply of L-tyrosine in the diet, and also relies on the conversion of L-tyrosine from the amino acid phenylalanine. Phenylalanine is an essential amino acid and is therefore only obtained through the food. An estimated 67 to 90% of phenylalanine in food is converted into L-tyrosine. L-tyrosine is therefore essential in case there is an insufficient supply of phenylalanine.

Our current Western diet is very low in both phenylalanine and L-Tyrosine, causing them to be insufficiently present in the body which can lead to a decreased synthesis of dopamine, norepinephrine and epinephrine. L-Tyrosine.

## INSTRUCTIONS

1-2 capsules with a glass of water, preferably on an empty stomach. The recommended daily intake should not be exceeded. Store out of reach of young children.

A food supplement should not be a substitute for a varied and balanced diet and a healthy lifestyle.

## Composition

Composition					
Scientific name	English name	Used part	Galenic form	Amount	Function
L-Tyrosine	L-Tyrosine		Powder	500 mg	
Magnesii stearas	Magnesium stearate		Powder	25 mg	Anticaking agent
Magnesii silicas	Magnesium silicate		Powder	50 mg	Anticaking agent
Silicium colloidalum	Colloidal silica		Powder	15 mg	Anticaking agent
Gelules	Capsules				
Gelatine	Gelatine	x	x	116 mg	

NUTRITIONAL ANALYSIS	
Energy in kcal	386 Kcal
Energy in kJ	1613,5 KJ

Carbohydrates	0 g
Proteins	95,1 g
Lipids	0,6 g

	Amount per capsule	Amount per 100 g
L-Tyrosine	2,70 Kcal - 11,40 KJ	386 Kcal - 1613,5 KJ

**Categorie:** Cognitive / Neuro

**Form:** Capsule

**Free from:** No info