

L-TYROSINE 500 MG - 60 CAPSULES

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