

L-Tyrosine

L-Tyrosine is an important amino acid that plays a key role in the synthesis of several key hormones and modulators of nerve function. The body makes L-tyrosine under normal physiological conditions. It can also be found in plant and animal proteins such as dairy products, eggs, fish, beans, and oats.

Some of the key benefits and actions of L-tyrosine include:

Thyroid support: In the thyroid gland, L-tyrosine is taken up and used with iodine to synthesize the thyroid hormones T₃ and T₄ (thyroxine). This is especially important because the biologically active thyroid hormone, T₃, is the body's primary hormonal regulator of metabolism and is important for normal growth and development.

Catecholamine precursor: Tyrosine acts as a building block for several brain-stimulating catecholamines (dopamine, noradrenaline, and adrenaline) which support stress response mechanisms and the ability to concentrate.

This formula supplies 500 mg of L-tyrosine USP per vegetarian capsule. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/ gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

Suggested Use: 1 to 4 capsules daily between meals.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 100	
Amount Per Serving	
L-Tyrosine USP	500 mg*
*Daily Value not established.	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.