

L-Tyrosine

Tyrosine + Vitamin C



FOUNDATIONAL HEALTH



Designs for Health's L-Tyrosine features 1.2 g of L-tyrosine and 100 mg of vitamin C (as ascorbic acid) per 2-capsule serving. Tyrosine is a conditionally essential amino acid required for the optimal function of numerous biochemical pathways and physiological processes.* It is the building block for thyroid hormones, melanin pigment, and the neurotransmitters dopamine, epinephrine, and norepinephrine. As such, adequate intake of tyrosine may support healthy energy levels, stress responses, healthy aging, metabolism, and cognitive health.* Vitamin C is a required cofactor for neurotransmitter synthesis from tyrosine.

Dopamine is involved in memory, learning, and reward processes and plays an important role in healthy aging. Norepinephrine and epinephrine help the body cope with stress. When individuals are experiencing stress or cognitively challenging tasks, the body may become temporarily depleted in dopamine, norepinephrine, and

epinephrine.* This may leave a person feeling exhausted or overwhelmed.* Since tyrosine is a building block to these neurotransmitters, tyrosine may help support a healthy stress response, sustained energy levels, mood, cognitive health, and mental flexibility.* During challenging or stressful situations, tyrosine may help in multitasking.* Tyrosine may also support the body's ability to tolerate tasks requiring challenging thinking or fine motor skills.*

Although the body can synthesize tyrosine internally, the capacity for tyrosine synthesis declines with age.* Some individuals may have a need for a greater intake of tyrosine than what is typically obtained from the diet.* Moreover, certain amino acids compete with tyrosine for absorption.* Individuals looking to optimize tyrosine intake may benefit from isolated tyrosine supplementation.*

Benefits*

- Supports cognitive health
- Supports a healthy stress response
- Supports healthy aging
- Supports proper energy levels

Highlights

- Contains 1.2 g of L-tyrosine per 2-capsule serving
- Contains 100 mg of vitamin C (as ascorbic acid) per 2-capsule serving
- Gluten-free, dairy-free, and soy free
- Non-GMO

Recommended Use

Take 2 capsules per day on an empty stomach or as directed by your health-care practitioner.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.