

L-Tyrosine – Helps Decrease Cognitive Fatigue

About L-Tyrosine

- L-tyrosine plays an important part in building proteins. It is a precursor for several important compounds in the body, including thyroid hormones and neurotransmitters involved in the stress response, such as epinephrine, norepinephrine, and dopamine.¹
- L-tyrosine is made in the body from the amino acid phenylalanine, but production can decrease during periods of stress.¹
- While L-tyrosine is naturally available in foods like meat, fish, dairy, and nuts, it may be more effective when consumed in free form.²
- L-tyrosine has been shown in studies to help reduce fatigue and cognitive impairment caused by physical stress.³
- A review of six studies examined the effects of 100–150 mg/kg of tyrosine on cognitive function under a range of physically stressful conditions. Participants were exposed to sleep deprivation, noise, extreme temperatures (warm and cold), negative pressure, and combat training. Researchers found that consistent tyrosine supplementation improved several psychological measures, including attention, reaction time, perceptual motor skills, logical reasoning, memory, and mathematical processing, all while under environmental stress.³

How to Use L-Tyrosine

- Take 1 scoop (approx. 5 g) dissolved in water, 2 times per day, or as directed by a health care practitioner. Take up to one hour before or during periods of physical stress. For occasional use only.

Cautions and Contraindications

- Do not take if you have hyperthyroidism or Graves’ disease, as it may boost thyroid hormone levels.⁴ Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Keep out of reach of children.

Drug Interactions

- Theoretically, L-tyrosine may have additive effects when taken with thyroid hormone and may decrease the effectiveness of levodopa.⁴

Quick Tips for Optimal Health

- Eat a rainbow of fruits and vegetables every day. In addition to vitamins and minerals, the different colours contain different phytonutrients that support health – carotenoids are yellow and orange, flavonoids tend to be red, purple, and blue, and chlorophyll is a vivid green.⁵ The Mediterranean diet, which emphasizes nutrient-rich wholefoods, including fruits and vegetables, legumes, and whole grains, may help reduce fatigue. The benefits of the diet to energy levels are attributed to lower inflammation, a healthier microbiome, and improved metabolism.⁶
- Make time for physical activity – consider using the stairs instead of the elevator, park farther away to fit in exercise, or even count your steps. Studies suggest that a regular, moderate-intensity exercise program may help improve energy and vitality and reduce fatigue.⁷ Studies also show, without a doubt, that physical activity increases health span.⁸
- Take charge of stress. Stress management techniques such as breathing and stretching exercises can have a greater impact on psychological well-being than you might think.^{9,10}
- Relax an hour before bedtime by dimming the lights and engaging in a relaxing wind-down – you know what will work best for you. Consider stretching and breathing exercises, reading a soothing book, or listening to relaxing music. One study found that people who spent five minutes at bedtime writing a to-do list for the next day fell asleep significantly faster than people who instead wrote an already-done list.¹¹
- Avoid electronic screens one hour before bed, as they can interfere with your body’s circadian rhythm and your ability to fall asleep.¹²
- Get at least 7–9 hours of sleep to have optimal energy for the next day.¹³ Keeping the bedroom quiet, cool, and dark will also help with sleep.¹⁴

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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