

# Phenylalanine

## PRODUCT INFORMATION

*LPA (L-phenylalanine) is an essential amino acid that the body cannot produce itself. This form is biologically highly active and is primarily used by the body to synthesise certain proteins as well as the neurotransmitters dopamine, noradrenaline and adrenaline.*

### Basics:

Phenylalanine is an essential amino acid and precursor of various catecholamines such as dopamine, adrenaline and noradrenaline. In addition, phenylalanine is converted in the brain to phenylethylamine, a naturally occurring neurotransmitter that helps to maintain a normal mood.

The essential amino acid phenylalanine itself is active in the protein formation of certain neurotransmitters in the brain. The positive effects on mood, the nervous system in general and on well-being depend on sufficient intake through food. Phenylalanine is also said to help reduce symptoms such as irritability and fatigue. Phenylalanine can also be metabolised in the body to tyrosine. Phenylalanine is found in most foods with a high protein content. Foods made from soy are particularly rich in this nutrient, but so are beef, lentils, cashews and oatmeal. However, a deficiency of phenylalanine is rarely observed in civilised countries, e.g. in cases where a person eats a low-protein diet for a long period of time. If the absorption of phenylalanine through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements..

### Ingredients:

One capsule contains 500 mg L-phenylalanine.

### Other ingredients:

Rice flour, magnesium stearate.

The product is vegetarian, gluten-free, lactose-free, not genetically modified. Vegetarian capsule shell.

### Recommended Consumption:

Normally take 1 - 3 capsules daily with plenty of liquid.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature. The published information is not a cure and is not intended as a request or suggestion for self-medication. Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed. The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

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Manufacturer



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