

# Phenylalanine DLPA®

## PRODUCT INFORMATION

DLPA® (D, L-phenylalanine) is a mixture of the essential amino acid L-phenylalanine and the mirror-symmetrical form D-phenylalanine. DLPA® as well as the individual forms have long been used to regulate mood.

### 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 synthesis of certain neurotransmitters in the brain. The positive effects on mood, the nervous system in general and 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 to tyrosine in the body. Phenylalanine is found in most foods with a high protein content. Foods made from soya are particularly rich in this nutrient, as are beef, lentils, cashew nuts and oatmeal. However, a phenylalanine deficiency is rarely observed in civilised countries, e.g. in cases where a person eats a low-protein diet over a longer period of time.

If the intake of phenylalanine through the diet is not sufficient or there is an increased requirement, this nutrient can be supplemented with special food supplements.

### Ingredients:

One capsule contains 500 mg DL-phenylalanine.

**Other ingredients:** rice flour, magnesium stearate.

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

### 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 away from light in a dry place at room temperature. The information published is not intended as a cure and is not intended as an invitation or suggestion to self-medicate.

Although some of the above statements on individual micronutrients are derived from scientific studies, they are recognised by official authorities such as the European Food Safety Authority (EFSA) as "not yet sufficiently proven", so 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.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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