

# Cyto-Tyrosine - Powder

220 grams of pure and stable L-tyrosine powder. Indicated for improving cognition during times of stress and supporting thyroid function.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Indicated for improving cognition during times of stress and supporting thyroid function
- 5 grams per scoop
- 220 grams per container

Tyrosine is a conditionally essential amino acid that acts as the building block for cortisol and other important hormones such as dopamine, norepinephrine, epinephrine and thyroxine. As a result, tyrosine is indicated for improving cognition, stress coping and thyroid health.

Research has shown that tyrosine is capable of improving cognition during times of stress. Specifically, a number of studies have examined the stress response of military personnel. Subjects exposed to stressors such as extreme cold and hypoxic environments demonstrate significant improvements in mood and cognition after taking 100mg of tyrosine per kilogram of body weight daily. At a higher dose of 150mg/kg, improvements in cognition and reduced fatigue after sleep deprivation have been noted. Finally, tyrosine

supplementation was also able to acutely reduce blood pressure and improve performance on memory tasks during a week of combat training in cadets.

When it comes to thyroid health, daily tyrosine supplementation given to healthy individuals during the winter months in Antarctica has been shown to improve mood, increase free triiodothyronine (T3) and reduce elevated thyroid stimulating hormones (TSH). Tyrosine has also demonstrated potential benefits in cases of depression, Parkinson's Disease, attention-deficit disorder (ADD) and narcolepsy.

Cyto-Tyrosine is a part of the Cyto-Matrix powder series, providing 5 grams of pure and stable L-tyrosine per scoop. Individual amino acids in a powder delivery allow for personalization, dose-specificity and quick-acting results with your patients.

## Each scoop contains

L-Tyrosine ..... 5g

## Recommended Use Claim

Helps to decrease cognitive fatigue due to physically stressful situations.

### Directions of Use

Adults - Take 1 scoop, 2 times per day or as directed by a healthcare professional. Mix product well in 1-2 cups of liquid (water, juice, etc.) immediately before consumption.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding, or following a low protein diet.

### Duration of Use

For occasional use only.

### Storage Conditions

Do not use if safety seal is broken.