

USING AMINO ACIDS: PRECAUTIONS

If you have: overactive thyroid (Grave's disease), PKU (phenylketonuria) or Melanoma;
Do NOT take: L-tyrosine, DL-phenylalanine, or L-phenylalanine ¹

Please consult a knowledgeable practitioner before taking *any* amino acids if any of the following statements apply to you:

- ◆ You tend to react to supplements, foods or medications with unusual or uncomfortable symptoms
- ◆ You have serious physical illness, particularly cancer
- ◆ You have severe liver or kidney problems
- ◆ You have an ulcer (amino acids are slightly acidic)
- ◆ You are pregnant or nursing
- ◆ You have schizophrenia or other mental illness
- ◆ You have phenylketonuria (PKU)
- ◆ You are taking any medications for mood problems, particularly MAO inhibitors or more than one SSRI.

Avoid or be cautious about trying these supplements:	L-tyrosine or L-phenylalanine ¹	L-tryptophan or 5-HTP	GABA	DLPA	L-glutamine ²	Melatonin
If you have high blood pressure	X			X		
If you have very low blood pressure			X			
If you get migraine headaches	X			X		
If you have manic depression or bipolar tendencies ³	X			X	X	
If you have severe depression						X
If you have asthma		X				X
If you have a carcinoid tumor		X				
If you have an overactive thyroid	X			X		
If you have excessively high cortisol output		5HTP				
Melanoma	X			X		

Even if your doctor agrees that you can try amino acids (or any other nutrients), if you experience discomfort of any kind after taking them, stop taking them immediately.

¹These two aminos can sometimes cause jitteriness in those with Hashimoto's Thyroiditis.

²In rare cases, glutamine might raise blood sugar in diabetics.

³In approximately 50% of bi-polar cases L-glutamine can trigger mania. Note: Low doses can sometimes relieve bi-polar depression without triggering mania. (SAM-E, St. John's Wort, bright therapeutic lamps, and too much fish or flax oil may also trigger mania.)

Name _____

Date _____