

# Phenylalanine-DLPA®

*An effective amino acid for soothing minor discomfort and supporting a healthy mood. Supplementing your daily diet with DL-phenylalanine (DLPA®) can be an effective and safe natural solution in certain indications.*

## Basic Facts

Feelings of sadness and low mood can lead people to the abyss of their lives. Mood disorders can be severe concerns which, in many cases, may require psychotherapeutic treatment and medication for life. If a clinically relevant mood disorder is not diagnosed and treated correctly and promptly, it can sometimes be too late for those concerned.

Thanks to scientific progress, modern medicine has now succeeded in shedding some light on the molecular darkness behind mood disorders. For instance, recent studies have revealed a close connection between mood and certain biochemical messenger substances (neurotransmitters). In particular, mood disorders appear to depend greatly on the level of catecholamines in the body.

Catecholamines are extremely biologically active substances which are responsible for numerous body functions. Among the most important catecholamines are adrenaline and noradrenaline. These substances perform the specific task of regulating cardiovascular function and blood supply to the organs. Dopamine, a precursor to noradrenaline and adrenaline, is another well-known catecholamine.

Aside from their functions relating to the heart, circulation and blood pressure, noradrenaline and dopamine also play an important role in the transmission of impulses between neurons. For this reason, these catecholamines are also called «neurotransmitters».

Maintaining a fine-tuned balance of catecholamines in the brain is extremely important. When disturbances in the metabolism of these neurotransmitters occur, severe health conditions can result. In this

respect, mood disorders are only one group of disturbances that can be traced back to a neurotransmitter imbalance. For example, a disturbed balance of the neurotransmitter dopamine is also present in cases of Parkinson's disease.

Normally, catecholamines are formed in the body from molecules ingested during daily food intake. However, for many people, the daily diet is not a sufficient source of catecholamine-building substances. These people are unique in that there are small biochemical differences in their metabolisms.

In all actuality, these people are quasi- «biochemical time bombs» because their neurotransmitter balance can be upset at any time. The biochemical differences in their makeup may be responsible for the fact that such people are likely to develop mood disorders over the course of their lives.

The solution to not getting enough neurotransmitter-building substances in the daily diet is supplementation. The most important parent substance of catecholamines is the amino acid **phenylalanine**.

## Effects

When L-phenylalanine is produced synthetically in the laboratory, it usually results in a 50/50 mix of the levorotatory and the dextrorotatory forms of this amino acid.

This mix of D- and L-phenylalanine, called DLPA®, can be successfully utilized in cases of mood disorders.

**L-phenylalanine** serves primarily as a building block for the most important neurotransmitters in the brain; a well-balanced ratio of catecholamines can protect against the development of mood disorders.

**D-phenylalanine**, on the other hand, also has many favorable effects. This dextrorotatory form of phenylalanine has been used in certain disorders like Parkinson's disease. D-phenylalanine can also be used successfully to some extent for painful conditions of the joints and cartilage. Finally, it can also help to protect against the development of mood disorders due to its conversion to phenylethylamine.



**Phenylalanine-DLPA®**

- ▶ Helps in instances of mood disorders
- ▶ Supports alcohol withdrawal
- ▶ Helps to soothe autoimmune-related joint concerns
- ▶ Supports deteriorating joint and cartilage health
- ▶ Soothes skin concerns such as vitiligo

At a Glance

Phenylalanine-DLPA®

## Uses

As mentioned above, the amino acid phenylalanine is usually ingested as a part of the daily diet. The crucial L-phenylalanine is found in most foods that have high protein content. However, a deficiency in phenylalanine is only rarely observed in civilized countries; for example, in cases where an individual eats a low-protein diet for an extended period.

On the other hand, the daily diet often does not provide a sufficient and optimal supply of phenylalanine. The result is that people with a predisposition may eventually develop an imbalance of neurotransmitters in the brain. These people are then more likely to develop a mood disorder at some point in life.

False and one-sided nutrition, fast food, protein deficiency and the like are frequent modern-day concerns. Many health concerns can be attributed to the daily diet, yet deficiency symptoms often cannot immediately be identified as such. For this reason, supplementing with DL-phenylalanine (DLPA®) daily be beneficial. Supplementing with DLPA® has been proven to be **safe** and **effective** in relation to the following health concerns:

- ▶ mood disorders
- ▶ alcohol withdrawal
- ▶ autoimmune-related joint discomfort
- ▶ joint and cartilage health and certain skin conditions (vitiligo)

## Composition

One capsule contains 500mg DL-phenylalanine in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate.

## Dosage

When it comes to an optimal dosage of DLPA®, 75–1500 mg per day is usually prescribed, depending on the health concern. Since the mix of active ingredients in DLPA® has a marked effect on the nervous system, mood and emotional state, DLPA® should be used only as prescribed and under a doctor's supervision.

In normal cases take 1–3 capsules a day with plenty of fluid.





## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

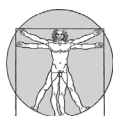
Store in a cool and dry environment, out of reach for children.

### Phenylalanine-DLPA® Product Groups

DLPA® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  Depression & Moods
-  Skin & Hair
-  Bones & Joints
-  Pain & Inflammation

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version: VBX1-21