



MONTIFF INC

Don Tyson's Advanced Nutraceuticals



PURE L-TYROSINE

Tyrosine is a precursor to catecholamine neurotransmitters, which when deficient cause a biochemical imbalance associated with depression.

Each capsule contains 500 mg. of the highest quality pure L-Tyrosine.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:

- Proper neurological health
- Elevating catecholamine levels, which may be deficient in depressed individuals.
- Having an effect on thyroxine levels, and being involved in adrenaline and energy production.
- Having an effect on stress, which may be caused by imbalances of Tyrosine biochemistry.
- Dopamine deficiencies which are related to problems, including Narcolepsy.
- Low catecholamine neurotransmitters due to cocaine dependency.

WHAT IS TYROSINE?

Tyrosine is a non-essential amino acid made from Phenylalanine in the body, and found in foods such as lima beans, pumpkinseeds, almonds, avocados, bananas and dairy products. It is extremely important for neurological health, since it is the precursor for catecholamine neurotransmitters in the brain. The biochemical conversion of Tyrosine is Dopa, then Dopamine, Norepinephrine, and Epinephrine. Pyridoxal 5'PhosphatE, the active form of B6, is necessary for this conversion. Low levels of Tyrosine in the blood show a direct correlation to depression and anxiety. Tyrosine is also a precursor to Thyroxine, and aids in the production of melanin as well. Abnormal metabolism of Tyrosine is associated with Albinism, since there is a deficiency of melanin production in this condition.

TYROSINE AND DEPRESSION

Tyrosine is the precursor for catecholamine neurotransmitters in the brain, which effect mood. Deficiencies of Tyrosine can result in inadequate norepinephrine in the brain, which causes depression. Many medical studies have confirmed that low levels of Tyrosine in the blood are associated with depression. Research has noted marked improvement in depressed individuals, analogous to low catecholamine levels, when given oral supplementation of Tyrosine.

STRESS

Reduced catecholamine levels have also been associated with behavioral changes related to stress. Research studies have documented that Tyrosine supplementation has resulted in decreased anxiety and improvement in mood in individuals experiencing stress. Studies further noted that Tyrosine supplementation improved other symptoms of stress, including the ability to concentrate, headaches and muscle discomfort.

COCAINE ADDICTION

The chronic use of cocaine interferes with catecholamine biochemistry in the brain causing a chemical imbalance by reducing Dopamine (DA) and Norepinephrine (NA) metabolism. These chemical imbalances are associated with the withdrawal symptoms of drug craving, depression, anxiety, and irritability. Tyrosine levels are measurably low in those addicted to cocaine and supplementation of Tyrosine improves catecholamine biochemistry and assists in decreased symptoms of withdrawal.

NARCOLEPSY

Narcolepsy, effecting over 250,000 people in the U.S., is a sleeping disorder in which individuals fall asleep suddenly without any warning. This is extremely disconcerting and dangerous as well. Narcolepsy has been associated with a Dopamine abnormality, and since the precursor to Dopamine is Tyrosine, supplementation may be beneficial with this condition. In the studies conducted on those with this disorder, there was significant improvement when Tyrosine was administered. Results were decreased when vitamin B-6 was included in the protocol, indicating that Narcoleptics should not be given B-6 with Tyrosine.

THYROXINE

Tyrosine is the precursor for Thyroxine production by attaching to iodine atoms to form active thyroid hormones. Low levels of Tyrosine have been related to hypothyroidism.

SYMPTOMS OF TYROSINE DEFICIENCIES

Some symptoms of Tyrosine deficiencies are depression, anxiety, low body temperatures with cold feet or hands, and restless leg syndrome.

BENEFITS OF MONTIFF PURE L-TYROSINE

- Montiff supplies the highest quality, pure L-Tyrosine in capsules for fast assimilation and effectiveness.
- Desiccant pads are included to insure optimal freshness.

DIRECTIONS: Take 1-4 capsules daily, as needed. For biochemical imbalances associated with depression, take 2 capsules at least 30 minutes before breakfast and 2 capsules 30 minutes before lunch, on an empty stomach. Take with fruit juice or water. Do not take with hot fluids, milk or any other dairy products. B-6 is necessary for proper metabolism and Montiff B-Complete or B-Long are recommended (except with Narcolepsy).

CAUTION: Tyrosine is a natural amino acid and has been safely used for over 20 years with no adverse side effects; however, **Tyrosine should not be used by individuals on MAO inhibitors or those with melanomas (since Tyrosine is involved in the production of melanin).**

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