

TAKING AMINO ACID SUPPLEMENTS: PRECAUTIONS

Before trialing any of these individual supplements, carefully consider and check off the symptoms or conditions below that apply to you.

CONTRAINDICATIONS:

Avoid any amino acids without expert approval if you have/are:

Pregnant or nursing (no individual amino acids are recommended, but a total amino blend maybe be used with your OB's OK)

Regularly using medications or herbs. [If so, a pharmacist or prescriber can research possible negative interactions with the amino acids below.]

Any serious physical or mental illness, e.g. Liver (e.g., cirrhosis), or kidney (e.g., lupus disease), cancer, A-Fib, or ulcer
Schizophrenia bipolar spectrum disorder, or other (especially if not stabilized on medication)

Avoid the specific aminos noted below without expert approval if you have:

PKU (phenylketonuria) AVOID: *L-phenylalanine*, *DL-phenylalanine (DLPA)*, or *D-phenylalanine (DPA)*

Overactive thyroid or Melanoma AVOID: *Tyrosine*, *L-phenylalanine*, *DL-phenylalanine (DLPA)*, or *D-phenylalanine (DPA)*

A carcinoid tumor (a pathological producer of serotonin) AVOID: *L-Tryptophan* and *5-HTP*

Glutamine-fueled Cancers and Diabetes (esp. Type I) AVOID: *L-Glutamine* without specific medical approval and monitoring

Thyroid, Autoimmune, Depressive, Seizure, Hormonal, or Lymphoproliferative Disorders: AVOID *Melatonin* (it's a hormone)

Use the amino acids "X"ed on the right <i>with caution (or consult your physician first) if you have/are:</i>	L-Tyrosine or L-Phenylalanine	L-Tryptophan or 5-HTP	GABA or Theanine	DLPA	L-Glutamine	Melatonin
A tendency to react adversely to supplements generally	X	X	X	X	X	X
Migraine headaches	X			X		
Blood pressure: If high or low, monitor with a cuff	If High		If Low	If High		
Hashimoto's Thyroiditis (in some cases)	X			X		
Mania	X			X	X	
Taking medications <i>that target serotonin</i> (check w/your pharmacist) e.g., SSRIs, most SNRIs, MAOIs, tricyclics, Imitrex, Linezolid		X				
Taking drugs that target norepinephrine (check w/your pharmacist) e.g., SNRIs, MAOIs, A.D.D. meds / other stimulants, Wellbutrin	X					
Asthma (rare)		X				X
Sleep disturbance (do not take these nutrients after 3 pm)	X	5-HTP For some		X		

Even if your doctor or pharmacist agrees that you can try an amino acid, stop taking it immediately if you experience even mild discomfort of any kind after taking it.

Signature_____

Date_____

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