

NATURAL HEALTH PRODUCT

L-TYROSINE

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

June 3, 2019

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source ingredient(s)
		Common name(s)
<ul style="list-style-type: none"> ▶ (S)-alpha-Amino-4-hydroxybenzenepropanoic acid ▶ L-Tyrosine 	<ul style="list-style-type: none"> ▶ L-Tyrosine ▶ Tyrosine 	<ul style="list-style-type: none"> ▶ L-Tyrosine ▶ L-Tyrosine ethyl ester ▶ N-Acetyl tyrosine

References: Proper names: NHPID 2019, NIH 2007, USP 30 2007; Common names: NIH 2007, USP 30 2007; Source ingredients: NHPID 2019.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.



Use(s) or Purpose(s)

Helps to decrease cognitive fatigue due to physically stressful situations (e.g. extended wakefulness, exposure to cold, excessive noise) (Mahoney et al. 2007; O'Brien et al. 2006; Magill et al. 2003; Thomas et al. 1999; Dollins et al. 1995; Neri et al. 1995).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

10 - 20 grams of L-Tyrosine, per day; Not to exceed 10 grams per single dose (Mahoney et al. 2007; O'Brien et al. 2006; Magill et al. 2003; Thomas et al. 1999; Neri et al. 1995).

Direction(s) for use

Take up to one hour before, or during periods of physical stress (Mahoney et al. 2007; O'Brien et al. 2006; Magill et al. 2003; Thomas et al. 1999; Neri et al. 1995).

Duration(s) of use

For occasional use only.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.



Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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