

USING AMINO ACIDS: PRECAUTIONS

Before trialing individual amino supplements, complete this form and ask your pharmacist to research any negative interactions between the nine amino acids listed below and any medications or herbs that you take regularly.

COMPLETE CONTRAINDICATIONS

Check off and *avoid any* amino acid (without medical approval):

- If you have serious physical illness
- If you have severe liver or kidney problems (e.g., lupus)
- If you have an ulcer (amino acids are slightly acidic)
- If you are pregnant or nursing (no individual amino acids are recommended, but a total amino blend maybe be used with your OB's OK.)
- If you have schizophrenia, bipolar spectrum disorder ¹, or other mental illness (especially if not stabilized on medication)
- If you have overactive thyroid, Melanoma, or PKU (phenylketonuria) do NOT take: L-tyrosine, DL-phenylalanine (DLPA), or L-phenylalanine.

Use the amino acids indicated to the right with caution (or consult your physician first*) if you have had:	L-Tyrosine or L-Phenylalanine ³	L-Tryptophan and 5-HTP	GABA & Theanine	DLPA ³	L-Glutamine ¹	Melatonin
<input type="checkbox"/> High blood pressure *	X			X		
<input type="checkbox"/> Migraine headaches	X			X		
<input type="checkbox"/> A tendency to react adversely to supplements	X	X	X	X	X	X
<input type="checkbox"/> Hashimoto's (in some cases ³)	X			X		
<input type="checkbox"/> Mania					X ¹	
<input type="checkbox"/> Severe or suicidal depression *		5-HTP only ²			X ¹	X
<input type="checkbox"/> You are taking any medications <i>that affect serotonin</i> e.g., SSRIs, some SNRIs, MAOIs, tricyclics, anti-migraine medication like Imitrex, antimicrobials like Linezolid *	(MAOIs only) X	X				
<input type="checkbox"/> Asthma (rare contraindication)		X				X
<input type="checkbox"/> A carcinoid tumor (a pathological producer of serotonin) *		X				
<input type="checkbox"/> Excessively high cortisol output		5-HTP only ²				
<input type="checkbox"/> Very low blood pressure			X			
<input type="checkbox"/> A Lymphatic cancer *					X	

¹ In bipolar spectrum, (significant, chronic mood swings to full blown manic/depression), l-glutamine can trigger mania. *Note:* low dose l-glutamine can sometimes relieve bipolar (or unipolar) depression without triggering mania. ² 5-HTP can raise cortisol levels slightly. High cortisol can be a factor in major depression.

³ These aminos can *sometimes* cause jitteriness or other discomfort in those with Hashimoto's Thyroiditis.

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

Signature _____ Date _____

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