

# 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 illness, e.g.
  - Liver (e.g., cirrhosis), or  kidney (e.g., lupus disease),  cancer,  A-Fib,  or ulcer (amino acids are slightly acidic)
  - Schizophrenia,  bipolar spectrum disorder, or  other mental illness (especially if not stabilized on medication)

Avoid the specific aminos noted 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 – AVOID: *L-Glutamine*
- Thyroid,  Autoimmune,  Depressive,  Seizure,  Hormonal, or  Lymphoproliferative Disorders: AVOID *Melatonin* (it's a hormone)

<b>Use the amino acids listed on the right <i>with caution</i> (or consult your physician first*) if you have/are:</b>	L-Tyrosine or L-Phenylalanine	L-Tryptophan or 5-HTP	GABA & Theanine	DLPA	L-Glutamine	Melatonin
<input type="checkbox"/> A tendency to react adversely to supplements generally	X	X	X	X	X	X
<input type="checkbox"/> Migraine headaches	X			X		X
<input type="checkbox"/> Blood pressure: High* /Low*	High		Low	X		
<input type="checkbox"/> Hashimoto's Thyroiditis (in some cases)	X			X		
<input type="checkbox"/> Mania*	X			X	X	
<input type="checkbox"/> Are taking medications <i>that target serotonin*</i> e.g., SSRIs, most SNRIs, MAOIs, tricyclics, anti-migraine medication like Imitrex, antimicrobials like Linezolid	SNRIs & MAOIs only (Also stimulants like A.D.D. meds)	X				X
<input type="checkbox"/> Blood sugar: (1) High/Diabetic* (2) Low/Hypoglycemic*					High	Low
<input type="checkbox"/> Asthma (rare)		X				X
<input type="checkbox"/> 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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