

USING AMINO ACIDS: PRECAUTIONS

Please check off and consult a knowledgeable health practitioner before taking any amino acids:

- You tend to react to supplements, foods or medications with unusual or uncomfortable symptoms
- You have serious physical illness, particularly cancer
- You have severe liver or kidney problems (e.g. Lupus)
- You have an ulcer (amino acids are slightly acidic)
- You are pregnant or nursing
- You have schizophrenia or other mental illness
- You have phenylketonuria (PKU)
- You are taking any medications for mood problems, particularly MAO inhibitors or more than one SSRI/SNRI

Please check off and be cautious about trying the supplements indicated if you have:	L-Tyrosine or L-Phenylalanine	L-Tryptophan and 5-HTP	GABA	DLPA	L-Glutamine	Melatonin
<input type="checkbox"/> High blood pressure	X			X		
<input type="checkbox"/> Very low blood pressure			X			
<input type="checkbox"/> Migraine headaches	X			X		
<input type="checkbox"/> Bipolar spectrum tendencies ¹	X			X	X	
<input type="checkbox"/> Severe depression						X
<input type="checkbox"/> Asthma		X				X
<input type="checkbox"/> An overactive thyroid or Hashimoto's in some cases	X			X		
<input type="checkbox"/> Excessively high cortisol output		5HTP only				
<input type="checkbox"/> A carcinoid tumor		X				
<input type="checkbox"/> Melanoma	X			X		
<input type="checkbox"/> A Lymphatic cancer					X	

¹In approximately 50% of bipolar cases, L-glutamine can trigger mania. Note: L-Glutamine can sometimes relieve bi-polar depression without triggering mania. (SAM-E, St. John's Wort, bright therapeutic lamps, and too much fish or flax oil may also trigger mania.)

**Even if your doctor agrees that you can try amino acids (or any other nutrients),
if you experience discomfort of any kind after taking them, stop taking them immediately.**

Name _____

Date _____