

## AMINO ACID PROTOCOL FOR DEPRESSION

L Tyrosine powder 4 grams (1 tsp)

Pyridoxal 5 Phosphate (vit B 6) /Two 20 mg capsules

These can be purchased from

Ecological Formulas toll free 1-800-888-4585

The L tyrosine comes as a powder in a 150 gm jar (39.95) The Pyridoxal 5 phosphate comes as 20 mg capsules

Take 1 tsp. of L tyrosine powder and two 20 mg capsules of Pyridoxal 5 phosphate once every day on an empty stomach. Eat 30 minutes later'.

It can be very helpful to do a urinary amino acid test to determine the exact amino acids you are lacking and supplement with an individually designed amino acid powder.

Gail Eberharter M.D. ©