



# #CONSISTENCY



A therapeutic dose of essential amino acid L-Phenylalanine which acts as a biological precursor to neurotransmitters dopamine and norepinephrine (NE), and helps support normal levels of gut hormones which control appetite and contribute to satiety.

Studies have referred to L-Phenylalanine as a “potent releaser” of cholecystokinin (CCK), a hormone that can produce feelings of food satisfaction and fullness<sup>1,2</sup>. The result is reduced desire for food and less food intake.

### *Clinical study: L-Phenylalanine<sup>1</sup>*

Study participants were administered L-Phenylalanine or a placebo 20 minutes before a meal. Subjects in the L-phenylalanine group consumed 31% fewer calories and reported a “significantly greater sensation of fullness”. CCK levels were also measured: 20 minutes after L-Phenylalanine, CCK levels increased 399% from base levels. “Release of CCK by [L-Phenylalanine] is associated with a reduction in subsequent food intake, and this suggests that CCK is an important satiety hormone in humans”.

L-Phenylalanine can be converted in the brain and in the adrenal glands to the neurotransmitters dopamine, norepinephrine, and epinephrine (adrenaline) that are depleted by stress, overwork and certain drugs. By replenishing norepinephrine in the brain, mental energy levels are enhanced and a feeling of contentment often occurs. The conversion from L-Phenylalanine to norepinephrine is enhanced by co-factors vitamins B6 and C.

- ✓ **All Natural, Safe, and Effective**
- ✓ **Non-Addicting**
- ✓ **Non-Stimulant, Non-Controlled**
- ✓ **Can Be Used With Phentermine**
- ✓ **Safe For Kids & Teens**

### Each capsule contains:

L-Phenylalanine	300 mg
Vitamin C	100 mg
Vitamin B6	25 mg
Pantothenic Acid (B5)	50 mcg

### Pharmaceutical Grade and Therapeutically Dosed

**Suggested use:** As a dietary supplement, take one (1) capsule with each meal or as directed by a physician.



### References

1. Ballinger, A.B., & Clark, M.L. (1994). L-phenylalanine releases cholecystokinin (CCK) and is associated with reduced food intake in humans. *Metabolism* 43(6):735-8.
2. Gibbs, J., Falasco, J.D., & McHugh, P.R. (1976). Cholecystokinin decreased food intake in rhesus monkeys. *Am J Physiol.* 230(1):15-18.



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