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Medically Reviewed by Melinda Ratini, DO, MS on September 24, 2021 L-tryptophan is an essential amino acid that helps the body make proteins and certain brain-signaling chemicals. Your body changes L-tryptophan into a brain chemical called serotonin. Serotonin helps control your mood and sleep. You can get all the L-tryptophan that your body needs by eating a healthy, balanced diet. Supplement doses depend on the health condition you are trying to prevent or treat. Some people take L-tryptophan supplements to try to help them sleep. Low levels of L-tryptophan have been seen in people with depression. Some claim up to 60 milligrams of L-tryptophan daily may help improve your mood or ward off mental health disorders such as depression. There is limited research to back these claims and studies show mixed results in supporting these claims. Some women take L-tryptophan supplements to try to ease mood swings due to premenstrual syndrome (PMS), also called premenstrual dysphoric disorder (PMDD). The theory is that these conditions may be linked to a problem with serotonin processing in the body, and that L-tryptophan could help that. However, there is little evidence to show this really works. Early research in people hints that L-tryptophan supplements may be helpful for: Obstructive sleep apnea Seasonal affective disorder (SAD) L-tryptophan is found in meats such as turkey and chicken. It is also found in: Bananas Cheese Chocolate Dried dates Eggs Milk Fish Oats Pumpkin seeds and sesame seeds Soy Tofu Tree nuts, including peanuts and peanut butter The amount of L-tryptophan in these foods is small compared to supplements. L-tryptophan has been linked to a dangerous, even deadly condition called eosinophilia-myalgia syndrome (EMS). The FDA recalled tryptophan supplements in 1989 after up to ten thousand people who took them became sick. EMS causes sudden and severe muscle pain, nerve damage, skin changes, and other debilitating symptoms. Doctors saw a lot fewer people with EMS after the ban. Some research suggests the sickness was due to contaminants that got into the supplements during manufacturing in a factory in Japan. The supplements have since been re-introduced to the U.S. market. Side effects of L-tryptophan may include: L-tryptophan can interfere with many different medicines. Do not take L-tryptophan if you are on antidepressants known as selective serotonin reuptake inhibitors (SSRIs), MAO inhibitors, tricyclic antidepressants and atypical antidepressants. Doing so may lead to a life-threatening condition called serotonin syndrome. Symptoms of serotonin syndrome are: Extreme anxiety Easily startled Rapid heart beats Delirium Severe muscle spasms Increased body temperature L-tryptophan supplements should be used with caution in pregnant women. Talk to your doctors before taking this supplement if you have scarring of the liver (cirrhosis) Always tell your doctor about any supplements you are taking, including natural ones and those bought without a prescription. That way, your doctor can check on any potential side effects or interactions with any medications. Supplements are not regulated by the FDA the same way that foods and drugs are. Manufacturers are responsible for the safety and labeling of their own products. © 2021 WebMD, LLC. All rights reserved. View privacy policy and trust info Photograph: Kendall Thacker Best dive bars in Chicago for cheap drinks and no-frills fun: L & L Tavern & L Tavern is exactly what you would expect out of a dive bar. But what you don't expect is the rumors that serial killers used to drink at this hot spot. Even though they only have drinks, no food, you'll want to hang out for hours and we're sure regulars will sure to have a lot to talk about at this hidden neighborhood dive. By entering your email address you agree to our Terms of Use and Privacy Policy and consent to receive emails from Time Out about news, events, offers and partner promotions. Awesome, you're subscribed! Thanks for subscribing! Look out for your first newsletter in your inbox soon! Men's Health TARGETS: arms, calves, Core, Hamstrings, hips, Quadriceps, Shoulders EQUIPMENT: Dip station Place two parallel bars on the floor, parallel with one another, and grab the bars with your hands directly below your shoulders. With elbows locked and feet out in front of you, raise your legs so that your body forms an L. Hold this position. About Dawna L. Robertson is an award-winning freelance writer who has dived into a diverse pool of topics ranging from farm-to-table cuisine to outrigger canoe paddling and decadent resort spas. For the past decade, she has focused on travel writing that covers the globe and runs the gamut. While her assignments have taken her to far-flung destinations, her expertise is primarily in Mexico, the Hawaiian Islands, the South Pacific and Western United States. Dawna's articles have appeared in USA Today, NY Times, Hi Luxury, 7 x 7, Diablo, Global Traveler, Honolulu Star Advertiser, Marathon & Beyond, Hemispheres, Orange County Bride Magazine, Outside, Metro Canada, Family Fun, Successful Meetings and Hawaii Parent. Features have also appeared in magazines for Waldorf Astoria, Fairmont Hawaii, Halekulani Hotel, Grand Waikikian, Hilton Hotels Latin America and Disney Aulani. Dawna has also contributed online to WatchBoom.com, HuffingtonPost.com, EveryTrail.com and Away.com. An avid runner, paddler, photographer, gardener and non-profit volunteer, Dawna is a member of the Society of American Travel Writers (SATW). Less than a week to go until London Dentistry Show. If you don't have your ticket you can sign up online still... 30th September, 2022 @dentalhealthorg RT @Brights73956475: #energydrinks Do you think energy drinks should be sold to over 16 years old? 27th September, 2022 @dentalhealthorg To celebrate #InternationalDayofSignLanguage here is a brilliant video by @WelshAmbulance giving you ten questions... 23rd September, 2022 @dentalhealthorg

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