

PURE D-PHENYLALANINE, USP

D-Phenylalanine helps increase endorphin production, which is associated with pain endurance.

Each capsule of contains 500 mg. of the *highest quality* pure D-Phenylalanine available.

WHAT ARE THE BENEFITS OF D-PHENYLALANINE?

- **Elevating endorphin levels associated with pain endurance**
- **Providing relief from Arthritis and other back and joint pain**
- **Control feelings of stress and frustration**
- **Control the cravings for addictive substances**

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DIRECTIONS: As a dietary supplement, take one to five capsules daily, or as recommended by a healthcare professional. It is recommended that this product be taken with vitamins and minerals.

WHAT IS D-PHENYLALANINE?

D-Phenylalanine is the dextrorotatory form of the amino acid Phenylalanine. The L-forms (Levorotatory) of amino acids are ones that are bioavailable and are for protein synthesis and regulatory function. The L and D forms are like mirror images of one another, however D-Phenylalanine is not absorbed into the body, but acts as an inhibiting agent to the enzymes that are responsible for the breakdown of endorphins, which control pain perception.

D-PHENYLALANINE AND ENDORHINS

Endorphins are naturally occurring opiate-like peptides, which control pain perception and produce an analgesic effect. Their effects are only of a short duration because of metabolic enzymes, especially Carboxypeptidase A, which inhibit increased endorphin production. D-Phenylalanine prohibits these enzymes, allowing increased endorphin production, therefore prolonging and intensifying analgesic affects.

HOW DOES D-PHENYLALANINE EFFECT PAIN?

Low levels of endorphins have been noted on those suffering from chronic pain, and supplementation with D-Phenylalanine helped to increase these levels. By prohibiting Carboxypeptidase A from preventing endorphin production, the body can continue to increase its own natural tolerance mechanism. In studies with chronic pain patients, the pain threshold has been enhanced and prolonged. This has been effective with various chronic pain conditions, including back pain and Osteoarthritis.

HOW CAN D-PHENYLALANINE HELP CRAVINGS?

When the body lacks endorphins, cravings may arise for foods or drugs that temporarily elevate endorphins. Once these spikes of endorphins begin to wear off, withdrawal symptoms may occur. Supplementation with D-Phenylalanine helps to keep these levels up, therefore D-Phenylalanine may help to control these cravings.

D-PHENYLALANINE AND ACUPUNCTURE

Pre-administration of D-Phenylalanine enhances the effects of acupuncture on back and other pain. Up to 2 grams 1 hour prior to acupuncture treatment may result in more pain relief and for longer periods of time.

DENTAL PAIN

Two grams of D-Phenylalanine has been given 1 hour prior to dental extractions, thus increasing the pain threshold for a prolonged period of time.

WHY NOT DLPA (A COMBINATION OF BOTH D-PHENYLALANINE AND L-PHENYLALANINE)

D-Phenylalanine is the form of Phenylalanine that effects endorphin production . L-Phenylalanine has other functions in the body. D-Phenylalanine will assist in pain tolerance to those needing this function. By combining the two, the concentration of the effective form of D-Phenylalanine would be less effective, therefore more would be required to achieve results. The Third World Congress on Pain recommended D-Phenylalanine and numerous medical studies have confirmed this recommendation. Some suggest that L-Phenylalanine will stimulate Catecholamine production for those whose pain causes depression. Since L-Phenylalanine must convert to L-Tyrosine in the body in order to raise neurotransmitter levels, it would be best to take CNI L-Tyrosine for this purpose. In some forms of depression, patients have responded to D-Phenylalanine.

In addition, L-Phenylalanine is not recommended for those with elevated blood pressure levels, diabetes, or pregnant women, therefore would not be the best choice for mood enhancement, or pain relief. **D-Phenylalanine is the recommended form of Phenylalanine for chronic pain control**

WHAT ARE THE BENEFITS OF CNI D-PHENYLALANINE?

- CNI uses the highest quality D-Phenylalanine.
- CNI D-Phenylalanine is a safe alternative to opiates for chronic pain management, and will not upset the stomach as many long term "over-the-counter" drugs, such as aspirin and ibuprofen. It may be used to increase the effects of drugs, such as aspirin, so that a lower dosage of a drug would be necessary to achieve relief.
- No adverse side effects have been noted with D-Phenylalanine.

REFERENCES

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