

## Precautions

If you are currently using an SSRI:

- If you are already on an SSRI, be very careful when introducing amino acids and new supplements. Some SSRIs can be enhanced with the use of amino acids, such as combining Prozac with 5-HTP. However, there can be adverse reactions as well. Always let your psychiatrist know what you are doing, and if anything adverse happens at all, consult a professional. I am not a trained doctor and this information should be used carefully and under the care of your psychiatrist/doctor.
- If you are trying to get off your SSRI with the help of amino acids, please be careful. Coming off of SSRIs can be very risky and produce severe withdrawal symptoms. Again, take special care and make sure you are working closely with a trained professional when weaning off of an antidepressant.

Before taking amino acids and supplements, take these necessary precautions:

- Consult a physician before taking any amino acids. If you have a serious physical illness like high/low blood pressure, migraines, kidney damage, overactive thyroid, ulcers, etc. you need to be especially careful when experimenting with supplements.
- If you are taking an MAOI or have severe schizophrenia or bipolar, extra caution needs to be taken.
  - If taking an MAOI, make sure you talk to a physician about taking any additional amino acids.
- If you have bipolar, do not use L-tyrosine, L-phenylalanine, SAM-e, St. John's Wort, or 5-HTP/L-Tryptophan before talking to a physician or psychiatrist. These supplements can produce mania.
- If you have migraines, take extra care when taking L-Tyrosine, DLPA, or L-phenylalanine.
- If you have low blood pressure, don't take high doses of GABA or Niacin and take extra care when taking them even at low doses.
- If you have high blood pressure, be careful with L-Tyrosine, DLPA, and L-Phenylalanine. They can raise some people's blood pressure.