

## **Supplement Troubleshooting Tips**

Although rare, supplements can produce negative symptoms in some people. If you are taking any of these supplements, be on the lookout for any adverse reactions. If you take too much of any amino acid you might get the symptoms you're trying to alleviate. Always try to start out slow and see how it affects you first before taking a large dose.

- St. John's Wort
  - Light sensitivity, sunburn
- B-Complex Vitamins
  - Stomachache, nausea
- L-Tyrosine, DLPA, L-Phenylalanine
  - Headaches, high blood pressure, jitteriness, insomnia
- GABA
  - Low blood pressure, tiredness
- Niacin
  - Low blood pressure
- L-Tryptophan, 5-HTP
  - Headaches, tiredness, nausea
- Magnesium, Vitamin C
  - Loose bowels

If you get any adverse reactions, such as become jittery while taking L-Tyrosine for example, take a lower dose next time. If you are having a hard time figuring out which supplement is causing your headache, you can cut out the supplements above that can result in headaches completely then slowly introduce them back while taking only one at a time to eliminate which one may be causing problems.