



Prescription Drugs and Amino Acids

Prescription drugs which require the use of neurotransmitters will not work effectively if there are not enough neurotransmitters.

How Some Prescription Drugs Deplete Neurotransmitters:

Prescription drugs that use neurotransmitters do not create more neurotransmitters. Instead, they secrete, breakdown and change the binding of neurotransmitters, which redistributes neurotransmitters and does not increase levels. Eventually, neurotransmitters become depleted and prescription drugs become ineffective causing disease symptoms to return.

Examples of Drugs that Use and Deplete Neurotransmitters:

This list is incomplete. It represents the most common examples of drugs that deplete neurotransmitters.

- SSRI Drugs
 - Zoloft, Prozac, Paxil
- Appetite Suppressing Drugs
- SNRI Drugs
 - Effexor, Serzone, Cymbalta
- MAOI Drugs
 - Phenzelzine, Tranylcypramine, Toloxatone
- Illegal Drugs
 - Ecstasy, Methamphetamines

Prescription Drugs and Amino Acid Therapy:

Once neurotransmitter levels become low enough to cause disease, it is not possible to obtain enough amino acids from food to replace the levels needed. Amino acid therapy provides the body with the tools to restore normal neurotransmitter levels, which improves disease symptoms.

In some cases, once your symptoms have improved, it may be possible to use a lower dose of your prescription drug. **However, this is a decision that should be made by your care provider.**

Why Prescription Drug Side Effects May Occur When Using Amino Acid Therapy:

Amino acids are safe when used alone or in combination with prescription drugs. In patients who use prescription drugs that affect neurotransmitters, amino acid therapy allows the drug to regain function. In approximately 5 to 10% of patients, a prescription drug's side effects may occur when the drug regains its function.

Ways to Manages Prescription Drug Side Effects and Amino Acid Therapy:

- Contact your care provide if you experience a side effect. Amino acid therapy is safe and most side effects are the result of prescription drugs that work with neurotransmitters. Therefore, you will need to contact your care provider to discuss the side effects that you are experiencing.
- **Remember, your care provider is trained to determine the best course of treatment. Therefore, you should not change your prescription or amino acid dose unless prescribed by your care provider.**

An Additional Thought:

Severely depleted patients need amino acid therapy. Your caregiver is trained to find the most effective means of managing side effects. Some prescription drug side effects are very serious, therefore it is important that you communicate and work with your caregiver when trying to solve this problem - the benefits to your health will be worth the additional effort required.