

WEEKLY PRODUCT FEATURE

DopaTropic® Powder



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Vastly complex, the human nervous system coordinates innumerable processes via a host of chemical messengers called neurotransmitters. Neurotransmitters are used for everything from signaling the heart and lungs to function, to enabling the body to sleep so regeneration and repair can occur. Emotions, affect, mood, appetite, and even energy levels are also regulated by neurotransmitters. Unfortunately, neurotransmitters operate within a very narrow confine, and their balance can be easily disrupted by a variety of factors including genetics, immune function, diet, stress, and general chemical toxicity. Dopamine is an excitatory neurotransmitter that is important for regulating physical movement, emotion, and pleasure and motivation centers of the brain. It also plays a neurocognitive role, particularly with memory, problem solving, motivation, learning, and the ability to focus. Additionally, dopamine acts on the sympathetic nervous system, thus it impacts physiological functions such as heart rate, blood pressure, and libido. L-Dopa, (aka levodopa; L-3,4-dihydroxyphenylalanine) is a naturally occurring dopamine precursor that is derived from the *Mucuna pruriens* plant. L-Dopa is a naturally occurring amino acid which is converted to the catecholamine neurotransmitter dopamine. Low levels of dopamine are found in Parkinsons patients, and are associated with addictions, cravings, difficulty with focusing, or with the intake or processing information. Each level teaspoon of **DopaTropic® Powder** contains 135 mg of L-Dopa that is sweetened with erythritol for fast delivery and ease of use. Erythritol is a natural sugar alcohol that is 60-70% as sweet as sugar, yet it is almost non-caloric, and does not affect blood sugar levels or promote tooth decay. Unlike other sugar alcohols, it is unlikely to cause gastric side effects. It is usually recommended that **DopaTropic® Powder** be dosed early in the day as it may elicit sleep disturbances if taken before bed. **DopaTropic® Powder** is not recommended for use during pregnancy or lactation. Nor should it be taken in conjunction with MAOIs, psychosis medications, blood thinners, diabetic medications, or by patients taking medications for Parkinsons disease.



Research Pertaining to Other Topics of Interest

Gut Microbiota Predicts Diabetes. Recent evidence suggests the importance of the gut microbiota as an environmental factor. An altered gut microbiota has been linked to metabolic disease including obesity, diabetes and cardiovascular disease. Swedish researchers compared the metagenome of 145 women with diabetes and impaired glucose tolerance with healthy controls, and discovered that women with Type 2 diabetes (T2D) have an altered gut microbiota. On the basis of their findings, the researchers developed a new model that can distinguish between patients with T2D and healthy women by analysis of the metagenome, which has a better predictive value than the classical markers used today, including BMI and waist-to-hip ratio. By examining patient's gut microbiota, researchers could predict which patients are at risk of developing diabetes.

Karlsson FH et al. Gut metagenome in European women with normal, impaired and diabetic glucose control. Nature 2013 June 6; 498:99.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.