



je však nezbytné pokud se lékař rozhodne doporučit pacientovi zvýšit příjem L-trp formou doplňku stravy:

- zvolit odpovídající velikost denní dávky (většinou mezi 200 až 3 000 mg L-trp);
- vzít v úvahu perzonalizovaný účinek a placebo efekt;
- posoudit možné interakce s antidepresivy a inhibitory monoaminooxidázy. U většiny pacientů lze očekávat, že doplnění příjmu L-trp

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