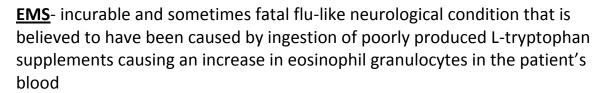
# Myalgia Syndrome/Eosinophilia (EMS)

### What is it?

 Myalgia- is a disorder in which eosinophilia is combined with muscle pain, tenderness, swelling, fatigue, cough, shortness of breath/SOB, rashes, cough and neurologic abnormalities



## **Recommendations:**

 Alternative- recommendation for tryptophan, large doses lead to the production of metabolites, some of which interfere with normal histamine degration; excessive histamine activity has been linked with myalgia and blood esosinophils

### Facts:

- Rare- this syndrome showed up in the 1990's in people who took large amounts of tryptophan; sold in health food stores given for sleep
  - Impurity- in the tryptophan probably caused the syndrome not the tryptophan
- Myalgia Syndrome can last for weeks or months after the tryptophan is discontinued, can cause permanent neurological damage, in rare cases can cause death
- Cure- none known
- <u>L-tryptophan</u>- was banned for sale in 1991 in the United States, other countries have followed suit
  - February 2001- FDA loosened the restrictions on the marketing of tryptophan (no importation)
  - Impurities- seen in a single Japanese manufacturer/Showa Denko, more than 60 different impurities were identified associated with cases of EMS

# What can I do?

- See your Health Care Provider- physical rehabilitation is recommended
- See a Registered Dietitian for help as needed

