

[Open Peer Review on Qeios](#)

DL-Alanine

National Cancer Institute

Source

National Cancer Institute. *DL-Alanine*. NCI Thesaurus. Code C61731.

A racemic mixture of alanine, a non-essential alpha-amino acid. Alanine is one of the most common residues for protein synthesis and is involved in the metabolism of tryptophan and vitamin pyridoxine. Furthermore, alanine is an important source of energy for muscles and central nervous system. It strengthens the immune system, helps in the metabolism of sugars and organic acids, and displays a cholesterol-reducing effect in animals.