



HIGH PROLACTIN (HYPERPROLACTINEMIA)

A condition where prolactin levels are high outside of pregnancy or breastfeeding, affecting hormones, mood, metabolism, and causing symptoms like irregular periods, infertility, low libido, or weight gain.



Possible Contributing Factors

- Prolactinoma (benign tumor on the pituitary gland)
- Hypothyroidism
- Elevated estrogen (from obesity, poor estrogen detox, estrogen-based oral contraceptives, or endocrine disruptors)
- Low dopamine levels (dopamine normally inhibits prolactin)
 - Possibly low B6 and tyrosine (vegan or low protein diet?)
- High cortisol or chronic stress (can reduce dopamine availability)
 - Poor sleep, sleep apnea, over-exercise, chronic under-eating or anorexia are all forms of stress
- Liver or kidney dysfunction
- Hypothalamic disease
- Nipple stimulation or sexual activity
- Certain medications (i.e. antipsychotics, antidepressants, opiates and amphetamines, dopamine-lowering drugs, antiemetics and some antihypertensives)
- Barley consumption (e.g., beer)

Lifestyle & Dietary Recommendations

- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Prioritize protein-rich foods, especially if on a plant-based diet
- Increase intake of B6 & tyrosine: turkey, beef, chicken, salmon, sweet potato, sunflower seeds
- Avoid barley and beer
- Consume cruciferous vegetables (broccoli, cauliflower, kale, cabbage, etc) to support liver detox
- Consume variety of fermented foods to optimize estrogen metabolism and improve nutrient absorption
- Eliminate daily toxins (smoking, alcohol, hygiene & personal care products – visit EWG.org)
- Stay hydrated and ensure daily bowel movements
- Focus on stress reduction: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often
- Avoid overtraining and reduce high intensity exercise. Balance with more meditative practices like yoga, Pilates, walks, etc
- Prioritize sleep hygiene and quality sleep (7–9 hours per night)

Supplement Considerations

- B6 or methylated B complex
- L-Tyrosine or amino acids
- Adrenal adaptogens
- Phase 1 & 2 liver detox support formula
- Magnesium citrate (if constipated)
- Calcium D-Glucarate (for estrogen detox if high)
- Vitex if due to low dopamine (500-1000mg/day) Note, <200mg may increase prolactin