



Nutritional support for healthy mood, sleep and stress

APPLICATIONS / BENEFITS

- Increases serotonin levels
- Supports normal sleep patterns
- Enhances positive mood
- Aids with stress management
- Helps regulate appetite and sugar cravings

OVERVIEW

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid tryptophan. Tryptophan is converted into 5-HTP, which in turn is converted into serotonin, an important neuro-transmitter that is associated with the regulation of sleep, mood, appetite, aggression, temperature, sexual behavior and pain sensation.

Supplementation with 5-HTP is preferable to supplementing with L-tryptophan. 5-HTP is derived naturally from the seeds of the *Griffonia* plant, where L-tryptophan is produced synthetically or through bacterial fermentation. 5-HTP crosses into the brain more readily than L-tryptophan, as it is able to cross the blood-brain barrier without competing with other amino acids for uptake. Unlike L-tryptophan, 5-HTP cannot be shunted into niacin or protein production.

Supplementing with 5-HTP provides the advantage of bypassing the conversion of L-tryptophan into 5-HTP, eliminating possible obstacles in the synthesis of serotonin. This conversion process can be inhibited by many factors including stress, insulin resistance, increasing age, and deficiencies of vitamin C, folate, and iron.

Oral 5-HTP is well-absorbed in the intestine without the need for a transporter and is not affected by the presence of other amino acids. As such, it may be taken with meals without reducing effectiveness.

KEY INGREDIENTS

5-HTP:

Patient One 5-HTP supplies 100 mg of natural 5-hydroxytryptophan. Studies suggest that 5-HTP supports healthy levels of serotonin, the chemical messenger that affects emotions, behavior, appetite and sleep.

Adequate levels of serotonin in the brain are related to a balanced emotional state. By regulating activity of certain excitatory hormones, including dopamine and noradrenaline, serotonin helps promote a sense of calmness and relaxation. In numerous studies, significant positive response was shown in individuals with negative mood status when supplementing with 50–300 mg 5-HTP daily.

Acting as a satiety signal in the brain, serotonin helps naturally regulate food intake. Studies support the role of 5-HTP in appetite and weight management. When used in higher doses (300 mg 3 times per day), 5-HTP has been shown to decrease food consumption and reduce weight.

As a precursor of melatonin, serotonin is involved in regulating sleep patterns and has a beneficial effect on sleep/wake cycles and sleep quality.

RESEARCH

- Several small short-term studies have found that 5-HTP may be as effective as standard antidepressant.^(5,6) Since standard antidepressants are also used

for insomnia and anxiety, 5-HTP has also been suggested for those conditions.⁽⁷⁾

- A randomized double-blind, placebo-controlled study was performed on 20 obese patients to investigate the effect 5-HTP would have on their eating habits. Significant weight loss was observed in those patients taking 5-HTP compared to placebo. A reduction in carbohydrate intake and a consistent presence of early satiety was also found.⁽¹⁾

REFERENCES

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6. Poldinger W, Calanchini B, Schwarz W. A functional-dimensional approach to depression: Serotonin deficiency as a target syndrome in a comparison of 5-hydroxytryptophan and fluvoxamine. *Psychopathology.* 1991;24:53-81.
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Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

5-Hydroxytryptophan (<i>Gryffonia simplicifolia</i>) (seed)	100 mg*
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* Daily Value not established

Other Ingredients: rice flour, vegetable cellulose (capsule), stearic acid, leucine, silica

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule 1 to 2 times daily in divided doses between meals, as a dietary supplement or as directed by your health practitioner. To derive optimal benefits of 5-HTP, ensure adequate intake of Vitamin B6. Store in a cool, dry place.

Caution: Consult your health practitioner before use. Do not use concurrently with SSRI medications, MAO inhibitors or other antidepressant medication. Not recommended if pregnant or nursing or for children under age 12. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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