



5-HTP

What Is It?

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. Clinical studies suggest that 5-HTP supports healthy serotonin levels. In the body, 5-HTP converts to serotonin with the enzymatic removal of a carboxyl group (COOH). Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles.*

Uses For 5-HTP

Emotional Well-Being: Two open trials and a double blind comparative investigation indicate that 5-HTP provides promising support for emotional well-being. Additional studies indicate similar potential for support.*

Appetite And Weight Management Support: 5-HTP has been shown to help moderate appetite and food cravings in study participants.*

Cranial Vessel Comfort: In several trials, including one that involved over 100 subjects, 5-HTP has demonstrated the ability to promote healthy cranial vessel comfort and function.*

What Is The Source?

5-HTP is derived from the *Griffonia simplicifolia* plant. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 50-300 mg per day, in divided doses, before meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. 5-HTP may cause gastrointestinal upset in sensitive individuals.

Are There Any Potential Drug Interactions?

Do not use concurrently with SSRI medications or MAO inhibitors.

5-HTP 100 mg.

each vegetable capsule contains



5-hydroxytryptophan (*Griffonia simplicifolia*)..... 100 mg.

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1-3 capsules per day, in divided doses, before meals.

5-HTP 50 mg.

each vegetable capsule contains



5-hydroxytryptophan (*Griffonia simplicifolia*)..... 50 mg.

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1-6 capsules per day, in divided doses, before meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.