

# 5-HTP

## *L-5-Hydroxytryptophan*

(Hypoallergenic)



Item # 52810

Available in bottles of 150 capsules

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### **The Possible Benefits of 5-HTP, a Dietary Supplement**

- Provides the direct precursor to serotonin and melatonin
- Supports healthy thinking, eating, and sleeping patterns\*
- Provides nutritional support for normal metabolic regulation\*

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### **Description**

L-5-Hydroxytryptophan (5-HTP) is an intermediate neurotransmitter, converted from the essential amino acid L-tryptophan in the body, and converted to 5-hydroxytryptamine (serotonin) and N-acetyl-5-methoxytryptamine (melatonin). It is a key component in the complex chain of brain interactions that regulates our moods and sleeping patterns.\*

The neurotransmitter serotonin plays an important role in our affective states. Low levels of serotonin have been associated with carbohydrate cravings and weight gain, mood and sleep disorders, and substance dependence. Because 5-HTP readily crosses the blood-brain barrier and converts to serotonin, 5-HTP has undergone much research regarding serotonin metabolism, which indicate it can play a supportive role in normal bodily functions.\*

After L-tryptophan was removed from the U.S. market in 1989 due to a contaminated batch, 5-HTP emerged to fill the gap. Very small amounts of 5-

HTP are found in foods, including bananas, tomatoes, plums, avocados, eggplants, walnuts and pineapples. We obtain our 5-HTP from the seed of *Griffonia simplicifolia*, commonly used in the preparation of lectins (pharmaceutical-grade compounds used in blood typing for transfusions and bone marrow transplants). When 5-HTP is produced properly, there is no evidence that the pure substance itself can cause eosinophilia-myalgia syndrome.\* Every lot of NutriCology 5-HTP is carefully tested to ensure its purity and to guarantee the absence of contaminants.

Caution: 5-HTP should not be used concurrently with any antidepressant. 5-HTP should be avoided by those with elevated cardiovascular risk, coronary artery disease, carcinoid tumor, stroke or arterial spasm, and by pregnant women and nursing mothers. Large doses of 5-HTP can trigger excess serotonin formation in peripheral tissues, with possible adverse reactions. Use only as directed.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Serving Size: 1 Capsule  
Servings Per Container: 150

**Amount Per Serving:**  
L-5-Hydroxytryptophan

50 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

**Suggested Use:** As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

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## References

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