

## 5-HTP 50mg

### Overview

The nutritional supplement 5-HTP (common name for the compound 5-hydroxytryptophan) is a derivative of the amino acid tryptophan. Tryptophan is converted to 5-HTP in the human body; once it is converted to 5-HTP it can then be converted to serotonin, which is a potent neurotransmitter in the brain. In addition, 5-HTP is the precursor for melatonin, a hormone that is involved in the sleep patterns of the human body. Because 5-HTP is related to melatonin and serotonin, it may help promote a healthy mood and may be beneficial to the treatment of insomnia as well. Tryptophan is found in a variety of protein foods, such as beef, fish, chicken and dairy products; however, no significant amount of 5-HTP can be found in any foods. Supplemental 5-HTP is derived from the seeds of Griffonia simplicifolia, an African plant.

Our 5-HTP 50mg is available in 90 count capsules.

### Research Indicates

- » May support a healthy mood
- » May be beneficial in the treatment of insomnia
- » May ease migraine pain

### Recommended Dosage

✓ Typical daily dosage ranges from 50 – 100 mgs; take 1 capsule daily, preferably on an empty stomach at night.

### Cautions

- If you are pregnant or lactating, consult your health care practitioner prior to using this product.
- If you are taking any prescription antidepressants, consult your health care practitioner before supplementing with 5-HTP.

Supplement Facts		
Serving Size: 1 Capsule		
Amount Per Serving	% Daily Value	
5 Hydroxy-Tryptophan (griffonia seed extract)	50mg	*
*Daily Value not established.		
Other ingredients: Rice flour, gelatin, cellulose, silica, magnesium stearate.		



These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, imply cure or prevent any disease. For more information regarding excipients, please refer to the excipient list.

**FOR EDUCATIONAL PURPOSES ONLY**