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 V 3
5-hydroxytryptophan (Griffonia simplicifolia) ................................. 100 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)
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 V 3
5-hydroxytryptophan (Griffonia simplicifolia) ................................. 50 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)
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.