5-HTP

5-L-Hydroxytryptophan

(Hypoallergenic)

Item # 72810
Available in bottles of 150 capsules

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 pain regulation, and control of proper weight

Description

5-Hydroxytryptophan (5-HTP) is an intermediate neurotransmitter, converted from the essential amino acid L-tryptophan in the body, and converted to 5-hydroxy-tryptamine (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 for conditions involving serotonin deficits. Several studies indicate 5-HTP may beneficially affect various types of headaches, including migraines and chronic tension-type headaches. It has also been shown to improve specified fibromyalgia parameters, including the number of tender points, pain intensity, quality of sleep and fatigue.

A small double-blind, placebo-controlled five week crossover study of obese females showed 5-HTP supplementation resulted in reduced appetite and significant weight loss, with no changes in diet. Other longer term studies confirm these results.

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 Allergy Research Group 5-HTP is carefully tested to ensure its purity and to guarantee the absence of contaminants.

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

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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Each capsule contains:	5-L-Hydroxytryptophan	50 mg
Other ingredients:	Cellulose, stearic acid, silicon dioxide.	
Suggested Use:	As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.	

References

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