Printable Format

5-HTP 50 mg 5-Hydroxy-L-Tryptophan - 30 Caps



Griffonia simplicifolia is an African plant which is extracted to produce 5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin.

Product FAQ's
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PRODUCT #: 0097
UPC: 733739000972
SRP: $7.99
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Nutrition Info

Servings Per Container: 30
Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
5-HTP (5-Hydroxytryptophan) *(Griffonia simplicifolia)*-(seed)	50 mg	*

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 1 Capsule

Suggested Use: As a dietary supplement, take 1 capsule daily, preferably at bedtime.

Free of: yeast, wheat, gluten, corn, soy, milk, sugar, salt, colors, preservatives.

Other Ingredients: White Rice Powder and Gelatin (capsule).

Warnings: Please discard the inedible freshness packet enclosed. If you are currently taking antidepressant medications please consult a physician prior to use. May cause drowsiness.

Disclaimers: None

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5-HTP FAQ's

What is 5-HTP?

5-HTP (5-hydroxytryptophan) is a metabolite of the amino acid tryptophan. You may know tryptophan as the agent in turkey that makes you feel like taking a nap after Thanksgiving dinner (in addition to a full belly). 5-HTP is a direct precursor of the important inhibitory neurotransmitter serotonin, which is secreted in response to mood or emotion swings. Serotonin soothes and calms and brings about feelings of contentment.

Is 5-HTP safe to take? The FDA has warned that it has found batches with impurities similar to the Japanese batches of tryptophan in 1980.

5-HTP and tryptophan are not the same. 5-HTP is related to tryptophan, but is derived from a different source. The 1980 scare concerning the Japanese tryptophan was attributed to a large batch the Japanese produced that was contaminated during the fermentation and/or filtration process. The contaminant caused affected persons to develop symptoms of EMS (eosinophilia-myalgia syndrome). 5-HTP, unlike tryptophan, is now extracted from the seed of the Griffonia simplicifolia plant and is not produced via bacterial fermentation, virtually eliminating further occurrence of EMS. Although there have been a couple of cases of EMS like symptoms arising after 5-HTP supplementation, no direct correlations have established, and EMS can occur on its own.

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FAQ's - 5-HTP

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