

5-HTP – Healthy Mood Balance and Restful Sleep

About 5-HTP

- Natural compound extracted from the seeds of the West African plant *Griffonia simplicifolia*¹
- 5-HTP is the precursor of the neurotransmitter serotonin, which supports positive mood²
- Helps support deep restorative sleep and prevents nightly sleep disruptions³
- Timed-release caplets to provide a sustained increase in 5-HTP, preventing the spikes and drops associated with immediate-release formulations, as well as the potential for gastric discomfort^{4,5}
- Helpful for a wide number of other conditions, including:
 - Easing the symptoms of fibromyalgia muscle pain⁶
 - Reducing the severity and length of migraine headaches⁷
 - Supporting appetite control and weight loss by promoting satiety^{8,9}

How to Use 5-HTP

- **Healthy Mood Balance:** 1 caplet 3 times per day with food or as directed by a health care practitioner. To minimize the risk of gastrointestinal side effects, slowly increase dose over a period of 2 weeks. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 1 year.
- **Sleep Aid:** 1–2 caplets per day with food, 30–45 minutes before bedtime, or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are taking the drug carbidopa or drugs/supplements with serotonin stimulating activity. Some people may experience drowsiness when taking 5-HTP. Exercise caution if operating heavy machinery or driving a motor vehicle, or if involved in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you experience weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. If symptoms persist or worsen and/or if sleeplessness persists for more than 3 weeks, consult a health care practitioner. Do not use if you have scleroderma or if you are pregnant or breastfeeding. Keep out of reach of children.¹⁰

Drug Interactions

- Combining serotonergic drugs such as antidepressants, dextromethorphan (in cough syrups), meperidine (Demerol), tramadol, and others may increase the risk of serotonergic side effects, such as serotonin syndrome. L-tryptophan, S-adenosylmethionine (SAMe), and St. John’s wort may also increase serotonin levels. Carbidopa is sometimes intentionally used with 5-HTP to minimize peripheral 5-HTP metabolism and boost the amount that reaches the brain. Combining 5-HTP and carbidopa-levodopa (Sinemet®) can increase the risk of serotonin-related side effects including restlessness, rapid speech, anxiety, insomnia, and aggressiveness. The combination of 5-HTP and carbidopa has also resulted in scleroderma-like skin reactions.¹⁰

Quick Tips for Optimal Health

- See the light. The use of very bright light therapy seems to help ease depression by promoting brain levels of serotonin.¹¹
- Relax. Regular massage therapy helps increase serotonin by 31%.¹²
- Walk or run. At least 1 hour of aerobic exercise three times per week helps boost serotonin levels and reduces the risk of depression by 20%.^{13,14}
- Eat high carbohydrate (e.g., ½ cup oatmeal), low-protein snacks or meals. Increasing the bioavailability of tryptophan to the brain is associated with reduced levels of depression.^{15,16}
- Eat fruits and vegetables. A diet rich in fruits and vegetables, such as a Mediterranean diet, has been associated with a more positive mood.^{17,18}
- Sleep. Poor quality sleep is linked with more rapid decline in brain size and memory as we age. 5-HTP helps improve sleep quality.^{19,20}
- Try using a microcurrent. A pulsed low intensity electrical microcurrent applied to the earlobes or scalp for 20 minutes to 1 hour daily has been proven to be of benefit for symptoms of depression.^{21,22}

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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