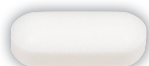




**Code:** 9289

**Size:** 60 Timed-release Caplets

**Actual Size:** 17.9 mm x 7.44 mm



## 5-HTP

### 5-Hydroxytryptophan Healthy Mood Support\* · 100 mg

- 100 mg formula for ease of use
- Naturally sourced from the seed of the African plant *Griffonia simplicifolia*
- 5-HTP readily crosses the blood-brain barrier to support central nervous system synthesis of serotonin
- Timed-release formulation may minimize gastric discomfort and helps prevent the rapid spikes and drops associated with immediate-release 5-HTP

#### PRODUCT SUMMARY

In the body, 5-HTP (5-hydroxytryptophan) is an amino acid precursor to the brain chemical serotonin, a neurotransmitter that is essential for balancing mood, along with performing cognitive tasks such as learning and memory formation.\* Temporary lowered mood has long been associated with low serotonin levels, making 5-HTP an attractive dietary supplement to help support a healthy mood and emotional health.\* Timed-release caplets bypass the limitations of immediate-release formulations. This allows for a sustained increase in serotonin, avoiding spikes, fluctuations, and the rapid drops associated with missed or delayed dosing. Additionally, timed-release formulations may help minimize the gastric discomfort some individuals experience with 5-HTP.

Clinical research supports 5-HTP supplementation for a healthy mood.\* A randomized double-blind clinical trial of 60 individuals assessed the efficacy of 5-HTP supplementation. Efficacy was determined by comparing initial HAM-D scores obtained at baseline to those at 2 weeks, 4 weeks, and 8 weeks. Following 5-HTP supplementation, 73% of individuals taking 5-HTP showed significant reduction in HAM-D scores starting at week two and through to the end of the study.

5-HTP is known to support increased sleep quality.\* In fact, 5-HTP has been shown to promote REM sleep in healthy adults. The increased time spent in REM sleep is one of the reasons why 5-HTP is used as a sleep aid for occasional sleeplessness.\*



**5-HTP 5-HYDROXYTRYPTOPHAN**  
HEALTHY MOOD SUPPORT\* · 100 MG

## Supplement Facts

Serving Size 1 Caplet

|  | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Calcium (Dicalcium Phosphate)  | 70 mg              | 5%            |
| 5-Hydroxytryptophan (5-HTP)<br>( <i>Griffonia simplicifolia</i> ) (seed) | 100 mg             | **            |

\*\* Daily Value not established.

Other ingredients: Microcrystalline cellulose, carbohydrate gum [cellulose], coating (carbohydrate gum [cellulose], glycerin), magnesium stearate (vegetable grade).

**Suggested Usage: Healthy Mood:** 1 caplet 1–2 times per day or as directed by a health care professional.

**Sleep Aid:** 1 caplet 1–2 times per day, 30–45 minutes before bedtime, or as directed by a health care professional.

To minimize the risk of gastrointestinal side effects, slowly increase dose over a period of 2 weeks.

**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

**Contraindication:** Do not use if you have scleroderma.

**Drug Interactions:** Combining 5-HTP with 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. Combining 5-HTP and carbidopa-levodopa (Sinemet®) can increase the risk of serotonergic side effects. This combination might increase the risk of some side effects including hypomania, restlessness, rapid speech, anxiety, insomnia, and aggressiveness, as well as scleroderma-like skin reactions. Individuals using this drug combination should be monitored by a health care practitioner. 5-HTP lowers blood pressure and could be additive to antihypertensive drugs. Clinically, long-term use of 5-HTP may need the use of dopamine amino acid precursors to support mood.

**Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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