



Code: 9289 **NPN:** 80095817
Size: 60 Timed-release Caplets
Actual Size: 17.9 mm x 7.44 mm



5-HTP

5-Hydroxytryptophan Healthy Mood Balance · 100 mg

- Extra-strength 100 mg formula for ease of dosing
- Naturally sourced from the seed of the African plant *Griffonia simplicifolia*
- 5-HTP readily crosses the blood-brain barrier to increase 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

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. Lowered mood as well as other conditions have long been associated with low serotonin levels, making 5-HTP an attractive natural option to elevate mood and improve 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 mood. A randomized double-blind clinical trial of 60 patients assessed the efficacy of 5-HTP supplementation as compared to fluoxetine. 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 patients taking 5-HTP and 80% of patients taking fluoxetine showed significant reduction in HAM-D scores starting at week two and through to the end of the study.

5-HTP has also been used to address serotonin imbalance implicated in chronic pain conditions including migraines as well in fibromyalgia and insomnia. People with fibromyalgia who take 300–400 mg of 5-HTP daily in divided doses have reported improvements in symptoms, including pain severity, morning stiffness, and sleeplessness. 5-HTP is known to increase sleep quality, which is critical in those suffering from fibromyalgia. 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 considered a sleep aid.



5-HTP 5-HYDROXYTRYPTOPHAN

HEALTHY MOOD BALANCE · 100 MG

Serving Size: 1 caplet
Servings per Container: 60

Each Caplet Contains:

L-5-Hydroxytryptophan (*Griffonia simplicifolia*) (seed) 100 mg

Non-medicinal Ingredients: Dicalcium phosphate, microcrystalline cellulose, carbohydrate gum, coating (carbohydrate gum, glycerin), vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 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, start dosing at 100 mg 2–3 times per day and slowly increase to effective dose over a period of 2 weeks. Use for at least 1 week to see beneficial effects. Consult a health care practitioner for use beyond 1 year. **Sleep Aid:** 1 caplet 1–2 times per day with food or as directed by a health care practitioner. Take 30–45 minutes before bedtime.

Recommended Use: Helps promote healthy mood balance. Used as a sleep aid.

Caution: Sleep Aid: Consult a health care practitioner if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). **All Uses (Except Sleep Aid):** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over-the-counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Stop use and consult a health care practitioner if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes. Avoid taking with alcohol or products that cause drowsiness. Do not use this product if you have scleroderma. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Some people may experience diarrhea, nausea, vomiting, and abdominal pain. 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 other drugs 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 colours, 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



· 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.



PRODUCT OF CANADA
Bioclinic Naturals® Canada
Burnaby, BC V3N 4T6
bioclinicnaturals.com

FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

© All Rights Reserved Bioclinic Naturals® 2020. May 7, 2020. 9224528

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | **U.S. Distribution office** 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-844-384-7503 · Email customer@assurednatural.com