

5-HTP – Healthy Mood Support*

About 5-HTP

- Natural source compound extracted from the seeds of the West African plant *Griffonia simplicifolia*
- Precursor of the neurotransmitter serotonin, which supports positive mood²
- Helps support deep restorative sleep and helps prevent sleep disruptions for occasional sleeplessness*³
- 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 in supporting weight management and appetite control*^{6,7}

How to Use 5-HTP

- **Healthy Mood:** 1 caplet 1–2 times per day with food 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.

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication or supplements with serotonergic activity (specifically those with SSRIs, MOAs, or depressant/ sedative affect), have a medical condition, or anticipate surgery. Keep out of reach of children.

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

USER NAME: _____

PROFESSIONAL NOTES

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Quick Tips for Optimal Health

- See the light. The use of very bright light therapy may help support a healthy sense of well-being by promoting levels of serotonin in the brain.⁸
- Relax. Regular massage therapy helps increase serotonin levels by 31%.⁹
- Walk or run. At least 1 hour of aerobic exercise three times per week helps boost serotonin levels and helps support a healthier mood.^{10,11}
- Eat high carbohydrate (e.g., ½ cup oatmeal), low-protein snacks or meals. Increasing the bioavailability of tryptophan to the brain helps support a healthier sense of well-being.^{12,13}
- Eat fruits and vegetables. A diet rich in fruits and vegetables, such as a Mediterranean diet, has been associated with a more positive mood.^{14,15}
- Sleep. Quality sleep is linked with healthy brain support and memory as we age. 5-HTP helps support sleep quality.^{16,17}
- Try using a microcurrent. A pulsed low intensity electrical microcurrent applied to the earlobes or scalp for 20 minutes to 1 hour daily helps support healthy mood and sense of well-being.^{18,19}

PROFESSIONAL CONTACT INFORMATION:

References

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