

# 5-HTP

Standardized Griffonia Extract 100 mg



## DESCRIPTION

L-5-hydroxytryptophan (a.k.a. 5-HTP) is a naturally occurring amino acid and chemical precursor as well as a metabolic intermediate in the biosynthesis of the neurotransmitters, serotonin and melatonin, from tryptophan.

## FUNCTIONS

Serotonin is a neurotransmitter found primarily in the gastrointestinal tract, platelets and central nervous system. Almost 90% of the human body's total serotonin is located in the alimentary canal, where it is used to regulate peristalsis. In the central nervous system, neurons use serotonin to regulate various functions including mood, appetite, and sleep. In humans, serotonin levels are affected by diet, specifically carbohydrate intake and the amino acid, tryptophan. Increased intake of tryptophan or its metabolic intermediate, 5-HTP, may increase serotonin levels and help support healthy mood and appetite as well as sleep through its role in serotonin synthesis. Wellness Works 5-HTP extract is made under strict European quality standards, which are comparable to Over-The-Counter drug standards in the US. It provides optimal levels of naturally occurring L-5-hydroxytryptophan. Our formula is synergized with important nutrients like vitamin C and B-6, which aid the conversion of tryptophan to serotonin in the body.

## INDICATIONS

5-HTP may be a useful dietary supplement for those who want to support healthy normal mood and sleep.

## FORMULA (WW #10001)

### One Capsule Contains:

Griffonia Bean Extract .....	102 mg
<i>(Griffonia simplicifolia)</i>	
standardized to contain 98% [100 mg]	
L-5-hydroxytryptophan)	
Vitamin C (as ascorbic acid).....	250 mg
Vitamin B-6 (as pyridoxine HCl).....	25 mg

Other Ingredients: Gelatin and water (capsules), (May contain one or more of the following: rice powder, silica and magnesium stearate).

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

Warning: Not for use by children under 18 years. If pregnant or nursing, consult a physician before using this product. Do not use while operating a motorized vehicle or heavy machinery.

Warning: Consult a physician before taking this product while using anti-depressants or MAO-inhibiting medications.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Turner EH, Blackwell AD (2005). "5-Hydroxytryptophan plus SSRIs for interferon-induced depression: synergistic mechanisms for normalizing synaptic serotonin." *Medical Hypotheses* 65 (1): 138-44. DOI:10.1016/j.mehy.2005.01.026. PMID 15893130.

Birdsall TC (August 1998). "5-Hydroxytryptophan: a clinically-effective serotonin precursor". *Alternative Medicine Review: a Journal of Clinical Therapeutic* 3 (4): 271-80. PMID 9727088. Retrieved 2009-07-30.

Turner EH, Loftis JM, Blackwell AD. Serotonin a la carte: supplementation with the serotonin precursor 5-hydroxytryptophan. *Pharmacol Ther.* 2006 Mar;109(3):325-38. Epub 2005 Jul 14.

Izumi T, Iwamoto N, Kitaichi Y, Kato A, Inoue T, Koyama T. (2006). "Effects of co-administration of a selective serotonin reuptake inhibitor and monoamine oxidase inhibitors on 5-HT-related behavior in rats". *Eur J Pharmacol.* 532 (3): 258-264. DOI:10.1016/j.ejphar.2005.12.075

Manufactured For:

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