

5-HTP

L-5-Hydroxytryptophan

L-5-Hydroxytryptophan (5-HTP) is an intermediate neurotransmitter, converted from the essential amino acid L-tryptophan in the body, and converted to 5-hydroxytryptamine (serotonin) and N-acetyl-5-methoxytryptamine (melatonin). It is a key component in the complex chain of brain interactions that regulates our moods and sleeping patterns.*

The neurotransmitter serotonin plays an important role in our affective states. Low levels of serotonin have been associated with carbohydrate cravings and weight gain, mood and sleep disorders, and substance dependence. Because 5-HTP readily crosses the blood-brain barrier and converts to serotonin, 5-HTP has undergone much research regarding serotonin metabolism, which indicate it can play a supportive role in normal bodily functions.*



50 mg • #72810
150 vegetarian capsules

100 mg • #77190
90 vegetarian capsules

Key Features

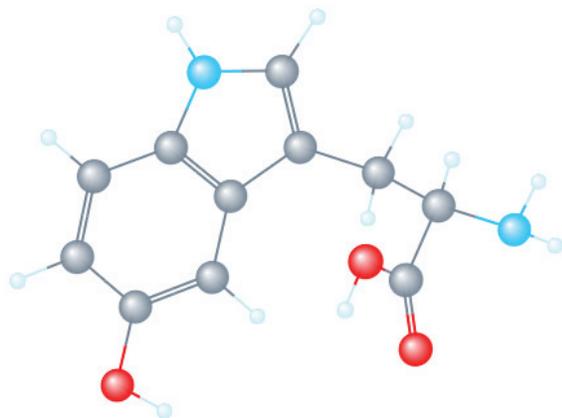
- Provides the direct precursor to serotonin and melatonin
- Helps regulate normal brain function, and may support healthy eating and sleeping patterns*
- Provides nutritional support for normal metabolic regulation*



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After L-tryptophan was removed from the U.S. market in 1989 due to a contaminated batch, 5-HTP emerged to fill the gap. Very small amounts of 5-HTP are found in foods, including bananas, tomatoes, plums, avocados, eggplants, walnuts and pineapples. We obtain our 5-HTP from the seed of *Griffonia simplicifolia*, commonly used in the preparation of lectins (pharmaceutical-grade compounds used in blood typing for transfusions and bone marrow transplants). When 5-HTP is produced properly, there is no evidence that the pure substance itself can cause eosinophilia-myalgia syndrome.* Every lot of Allergy Research Group 5-HTP is carefully tested to ensure its purity and to guarantee the absence of contaminants.



5-HTP 50 mg • 150 vegetarian capsules • Item #72810

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value
L-5-Hydroxytryptophan	50 mg †

† Daily Value not established.

5-HTP 100 mg • 90 vegetarian capsules • Item #77190

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
L-5-Hydroxytryptophan	100 mg †

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

Caution: Not indicated for pregnant or nursing women. Concurrent use with SSRI medications or MAO inhibitors should only be done under the guidance of a healthcare professional.

References:

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