

5-HTP 50mg



Clinical Applications

- Helps Maintain a Healthy Intestinal Microecology*
- Supports the Natural Immune Response*
- Supports Bowel Regularity*
- Supports Lactose Digestion*

5-HTP 50mg contains 50 mg of natural L-5-Hydroxytryptophan (5-HTP) extracted from seeds of the Griffonia plant in each vegetarian capsule. 5HTP is a brain serotonin precursor able to cross the blood- brain barrier without competition for uptake.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. This is achieved in part by decreasing the activity of certain excitatory hormones, including dopamine and noradrenaline.

Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns. Serotonin is unable to cross the blood-brain barrier and is therefore synthesized in the brain. Tryptophan, an essential amino acid, is a precursor for the synthesis of serotonin. Tryptophan crosses the blood-brain barrier and is converted to L-5-Hydroxytryptophan (5-HTP), which in turn is converted into serotonin. Unfortunately, tryptophan faces many obstacles during its journey into brain tissue. First, dietary intake directly affects body levels of tryptophan, as the body cannot produce it endogenously. High protein diets often provide greater amounts of tryptophan, yet higher carbohydrate diets appear to enhance tryptophan uptake into the brain. Secondly, tryptophan must compete with other amino acids for entry into the brain. Finally, tryptophan may be taken up by other tissues for protein or niacin synthesis, and thus is not exclusively for use by the brain. As a metabolic intermediate in the conversion of tryptophan into serotonin, 5-HTP can also serve as a precursor of serotonin.

5-HTP offers several advantages over tryptophan. 5-HTP is derived naturally from the seeds of the Griffonia plant, unlike tryptophan which is produced synthetically or through bacterial fermentation. 5-HTP crosses into the brain more readily than tryptophan as it can cross the blood-brain barrier without competition for uptake. 5-HTP is significantly more effective than tryptophan; one 50 mg capsule of 5-HTP is roughly equivalent to 500 mg of tryptophan. Finally, research studies have shown 5-HTP to be safe at levels as high as 900 mg. As a result, 5-HTP is a safe and effective means of increasing brain serotonin levels.

Mood and Comfort Serotonin regulates many normal brain activities, increases norepinephrine and dopamine, and is important in regulating mood and behavior. Adequate levels of serotonin are associated with normal calmness and relaxation.

Appetite Used in a high dose (i.e., 300 mg/three times a day), 5-HTP decreased food consumption and reduced weight. This result may relate to the effect of 5-HTP in supporting normal hypothalamic regulation, which includes appetite homeostasis. However, nausea at this relatively high dose was a common complaint. In other research, sublingual 5-HTP administered five times per day for eight weeks in adult overweight women significantly supported feelings of post-meal hunger satisfaction.

Hormones and Sleep 5-HTP is thought to affect the HPA axis, as it can raise plasma cortisol levels, to cause transient increase in growth hormone (at 150 mg dose), and in men only, to support healthy levels of thyroid stimulating hormone. Serotonin is also converted to melatonin; thus, supplementation has similar effects. Support of sleep quality is likely related to 5-HTP's ability to increase the length of rapid eye movement (REM). In children, supplementation with 5-HTP may help modulate arousal level and support peaceful sleep.

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

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5-HTP 50mg



Supplement Facts

Serving Size 1 vegetarian capsule
Servings Per Container 100

Amount Per Serving	%DV
L-5-Hydroxytryptophan	50 mg *

*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.



References

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Directions

Take one to two capsules per day, between meals, or as directed by your healthcare provider.

Vitamin B6 is necessary for the conversion of 5HTP to serotonin; thus, to derive optimal benefits of 5HTP, one must ensure an adequate intake of vitamin B6.

Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

Cautions

Do not use with other dietary supplements containing L-tryptophan, 5-HTP, St. John's wort, SAME, or Hawaiian baby woodrose. Do not take if you are, or suspect you are, pregnant or if you are lactating, or under 18 years of age.