

5-HTP



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WHAT IS IT?

5-HTP is primarily used to support mood and sleep/wake cycles through its ability to boost serotonin levels. It has been compared to various tricyclic antidepressants, and has been found to be as effective with fewer side effects and quicker effectiveness. Since serotonin and melatonin are involved in regulating the sleep/wake cycle, 5-HTP also enhances sleep quality. Additionally, research supports a role for 5-HTP in reducing migraines and the symptoms of fibromyalgia.

WHAT DOES IT DO?

5-HTP is 5-hydroxytryptophan, a metabolite of tryptophan, and an essential precursor of serotonin and melatonin. Research supports a role for 5-HTP in supporting mood balance and relieving the symptoms of fibromyalgia. AOR's 5-HTP is naturally-sourced from the seeds of the griffonia shrub.

WHAT CONDITIONS CAN 5-HTP HELP WITH?

- Depression
- Anxiety and panic disorders
- Fibromyalgia
- Migraines/headaches
- Insomnia

WHO WOULD BENEFIT FROM 5-HTP?

- Individuals with mood imbalances
- Those with Low energy as a result of low mood
- Those who experience migraines
- Those who have been diagnosed with fibromyalgia
- Poor sleepers
- Depression
- Anxiety
- Nervousness

5-HTP is converted into serotonin. This is where most of its therapeutic potential comes from. Serotonin has several functions in the body.



FUNCTIONS OF SEROTONIN:

- Regulates anxiety
- Regulates mood
- Indicated in depression
- Is important in digestive function
- Memory
- Sleep



FIBROMYALGIA

Fibromyalgia patients have been found to have low serotonin levels and have shown symptomatic improvement with the use of tricyclic and SSRI antidepressants. Several clinical trials have confirmed significant improvements in symptoms, including pain, morning stiffness, nervousness, and fatigue with use of 5-HTP



DEPRESSION

It has been compared to various tricyclic antidepressants, and has been found to be as effective with fewer side effects and quicker effectiveness. Researchers found that comparing the effectiveness of 5-HTP to that of fluoxetine, an SSRI commonly used for the treatment of MDD, OCD (obsessive compulsive disorders) and panic disorders had an equal effect on relieving symptoms of depression with 5-HTP having fewer side effects

CAUTION: Do not use if on any medications or consult with your doctor