

# P3: 5-HTP

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PEAK PERFORMANCE  
& PREVENTION

## Clinical Applications

- Supports Healthy Biosynthesis of Serotonin\*
- Supports Healthy Mood and Positive Outlook\*
- Supports Normal Appetite\*
- Supports Restful Sleep Pattern\*

**P3: 5-HTP** has a delivery system that releases 5-HTP slowly and steadily over a period of time. 5-HTP is a drug-free amino acid derived from a plant that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, and sleep. Today's stress-filled lifestyles and dietary practices may negatively affect how the body handles serotonin. Regular use of Peak Performance & Prevention's P3: 5-HTP helps promote a more positive outlook and greater appetite control.\*

All Peak Performance & Prevention Formulas Meet or Exceed cGMP Quality Standards

## Discussion

5-hydroxytryptophan (5-HTP) is a precursor to serotonin. In the body, the essential amino acid tryptophan (when acted upon by the enzyme tryptophan hydroxylase) converts to 5-HTP. The compound is subsequently decarboxylated to serotonin, thereby elevating extracellular serum serotonin levels. Supplementing with 5-HTP bypasses the somewhat limiting conversion of tryptophan to 5-HTP.<sup>[1,2]</sup> Oral 5-HTP is well-absorbed in the intestine without the need for a transporter; other amino acids do not compete with it for absorption. It easily crosses the blood-brain barrier, is not degraded by the enzymes that degrade tryptophan, and it is excreted through the kidneys.\*<sup>[1,3]</sup>

**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.\*<sup>[1-5]</sup>

Several studies have demonstrated that 5-HTP supports a healthy frame of mind, good energy levels, ease of movement, and restful sleep.<sup>[1,6,7]</sup> Published studies (dose~100-600 mg/day) have also demonstrated the effectiveness of 5-HTP supplementation in supporting cerebral comfort.\*<sup>[8-10]</sup>

**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.<sup>[11]</sup> However, nausea at this relatively high dose was a common complaint.<sup>[12,13]</sup> 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.\*<sup>[14]</sup>

**Hormones and Sleep** 5-HTP is thought to effect the HPA axis, as it has the ability to 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.<sup>[15,16]</sup> 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).<sup>[3,17]</sup> In children, supplementation with 5-HTP may help modulate arousal level and support peaceful sleep.\*<sup>[18]</sup>

\*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.

P3: 5-HTP

# Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Calcium (as dicalcium phosphate dihydrate)	27 mg	2%
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> )(seed)	100 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Hydroxypropyl methylcellulose, hydroxypropyl cellulose, ascorbyl palmitate, silica, and coating (tapioca maltodextrin, sunflower lecithin, palm oil, and guar gum).

## Directions

Take one tablet, up to two times daily, with a meal, or as directed by your healthcare professional. Do not exceed recommended dose.

Consult your healthcare professional prior to use if you have, or suspect you have, a medical condition or are taking prescription drugs for depression, migraines, Parkinson's disease, or psychiatric disorders. Not for use by children.

## Formulated To Exclude

Wheat, gluten, corn, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, and artificial preservatives.

## References

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## Cautions

Do not take if you are, or suspect you are, pregnant or if you are lactating, or under 18 years of age.

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REV. 07/15/22