

## Dosage Recommendations for Pure 5-HTP

Each capsule of Pure 5-HTP contains 100mg of 5-HTP and 100mg of Gaba.

Dosage varies depending on what you are trying to treat, so please refer to the recommendations below:

### Insomnia

100 - 400mg, 45 minutes before going to bed.

### Weight Management

300mg per day, take in the morning or in divided doses of 100mg, 30 minutes before eating meals. Taking 5-HTP on an empty stomach helps it to be absorbed faster and may increase the effects.

### Mood Enhancement

100mg up to 3 times per day with meals.

Use for at least one week before increasing the dose.

A maximum of 800 mg per day taken for 2-6 weeks has been used for depression in studies, in divided doses taken three times a day.

Always start out low and steadily increase the dose every 1-2 weeks, until a target dose is reached.

The appropriate dose for you will depend on several factors such as age, gender and medical history.

**Please speak to your healthcare practitioner to get personalized advice.**

### Fibromyalgia

100mg, 3 times a day for one month.

### Migraines

100 – 200, g, 2 -3 times per day with meals. Use for two to three weeks to notice a beneficial effect.

### Missed Dose of 5-HTP

If you miss a dose of 5-HTP, try to take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and resume your regular dosing scheduled. Don't double up on doses to make up for a missed dose.



# Pure 5-HTP Contraindication/Medication Interactions

## Medications for depression (Antidepressant drugs) interacts with 5-HTP

5-HTP increases a brain chemical called serotonin. Some medications for depression also increase serotonin. Taking 5-HTP along with these medications for depression might increase serotonin too much and cause serious side effects including heart problems, shivering, and anxiety. Do not take 5-HTP if you are taking medications for depression.

## Medications for depression (MAOIs) interacts with 5-HTP

5-HTP increases a chemical in the brain. This chemical is called serotonin. Some medications used for depression also increase serotonin. Taking 5-HTP with these medications used for depression might cause there to be too much serotonin. This could cause serious side effects including heart problems, shivering, and anxiety.

## Carbidopa (Lodosyn) interacts with 5-HTP

5-HTP can affect the brain. Carbidopa (Lodosyn) can also affect the brain. Taking 5-HTP along with carbidopa can increase the risk of serious side effects including rapid speech, anxiety, aggressiveness, and others.

## Dextromethorphan (Robitussin DM, and others), Meperidine (Demerol), Pentazocine (Talwin), Tramadol (Ultram) interacts with 5-HTP

5-HTP can affect a brain chemical called serotonin. Dextromethorphan, Meperidine, Pentazocine, and Tramadol can also affect serotonin. Taking 5-HTP along with those medications might cause too much serotonin in the brain and serious side effects including heart problems, shivering, and anxiety. Do not take 5-HTP if you are taking any of the listed medications.

