5 HTP 50 mg Capsules
A Brain Serotonin Precursor

DESCRIPTION
5 HTP 50 mg Capsules, provided by Nature’s Source™, contains 50 mg of natural L-5-Hydroxytryptophan (5 HTP 50 mg Capsules) extracted from seeds of the Griffonia plant in each vegetarian capsule.

FUNCTIONS
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 50 mg Capsules), 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 50 mg Capsules can also serve as a precursor of serotonin.

5 HTP 50 mg Capsules offers a number of advantages over tryptophan. 5 HTP 50 mg Capsules is derived naturally from the seeds of the Griffonia plant, unlike tryptophan which is produced synthetically or through bacterial fermentation. 5 HTP 50 mg Capsules crosses into the brain more readily than tryptophan as it is able to cross the blood-brain barrier without competition for uptake. 5 HTP 50 mg Capsules is significantly more effective than tryptophan; one 50 mg capsule of 5 HTP 50 mg Capsules is roughly equivalent to 500 mg of tryptophan.

Finally, research studies have shown 5 HTP 50 mg Capsules to be safe at levels as high as 900 mg. As a result, 5 HTP 50 mg Capsules is a safe and effective means of increasing brain serotonin levels.

INDICATIONS
5 HTP 50 mg Capsules capsules may be a useful nutritional supplement for individuals wishing to obtain the benefits of this well-documented plant extract.

FORMULA (5HTP)
Each vegetarian capsule contains:
L-5-Hydroxytryptophan 50 mg

SUGGESTED USE
One to two capsules per day, between meals or as directed by a physician. Vitamin B6 is necessary for the conversion of 5 HTP 50 mg Capsules to serotonin; thus, to derive optimal benefits of 5 HTP 50 mg Capsules, one must ensure an adequate intake of vitamin B6.

SIDE EFFECTS
No adverse effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.
REFERENCES


Zmilacher K, Battegay R, Gastpar M. L-5-hydroxytryptophan alone and in combination with a peripheral decarboxylase inhibitor in the treatment of depression. Neuropsychobiology 1988;20(1):28-3 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.