



Code: 9289 **NPN:** 80095817
Size: 60 Timed-release Caplets
Actual Size: 17.9 mm x 7.44 mm



5-HTP

5-Hydroxytryptophan Healthy Mood Balance · 100 mg

- Extra-strength 100 mg formula for ease of dosing
- Naturally sourced from the seed of the African plant *Griffonia simplicifolia*
- 5-HTP readily crosses the blood-brain barrier to increase central nervous system synthesis of serotonin
- Timed-release formulation may minimize gastric discomfort and helps prevent the rapid spikes and drops associated with immediate-release 5-HTP

PRODUCT SUMMARY

5-HTP (5-hydroxytryptophan) is an amino acid precursor to the brain chemical serotonin, a neurotransmitter that is essential for balancing mood, along with performing cognitive tasks such as learning and memory formation. Lowered mood as well as other conditions have long been associated with low serotonin levels, making 5-HTP an attractive natural option to elevate mood and improve emotional health. Timed-release caplets bypass the limitations of immediate-release formulations. This allows for a sustained increase in serotonin, avoiding spikes, fluctuations, and the rapid drops associated with missed or delayed dosing. Additionally, timed-release formulations may help minimize the gastric discomfort some individuals experience with 5-HTP.

Clinical research supports 5-HTP supplementation for mood. A randomized double-blind clinical trial of 60 patients assessed the efficacy of 5-HTP supplementation as compared to fluoxetine. Efficacy was determined by comparing initial HAM-D scores obtained at baseline to those at 2 weeks, 4 weeks, and 8 weeks. Following 5-HTP supplementation, 73% of patients taking 5-HTP and 80% of patients taking fluoxetine showed significant reduction in HAM-D scores starting at week two and through to the end of the study.

5-HTP has also been used to address serotonin imbalance implicated in chronic pain conditions including migraines as well in fibromyalgia and insomnia. People with fibromyalgia who take 300–400 mg of 5-HTP daily in divided doses have reported improvements in symptoms, including pain severity, morning stiffness, and sleeplessness. 5-HTP is known to increase sleep quality, which is critical in those suffering from fibromyalgia. In fact, 5-HTP has been shown to promote REM sleep in healthy adults. The increased time spent in REM sleep is one of the reasons why 5-HTP is considered a sleep aid.



5-HTP 5-HYDROXYTRYPTOPHAN

HEALTHY MOOD BALANCE · 100 MG

Serving Size: 1 caplet
Servings per Container: 60

Each Caplet Contains:

L-5-Hydroxytryptophan (*Griffonia simplicifolia*) (seed) 100 mg

Non-medicinal Ingredients: Dicalcium phosphate, microcrystalline cellulose, carbohydrate gum, coating (carbohydrate gum, glycerin), vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: Healthy Mood Balance: 1 caplet 3 times per day with food or as directed by a health care practitioner. To minimize the risk of gastrointestinal side effects, start dosing at 100 mg 2–3 times per day and slowly increase to effective dose over a period of 2 weeks. Use for at least 1 week to see beneficial effects. Consult a health care practitioner for use beyond 1 year. **Sleep Aid:** 1 caplet 1–2 times per day with food or as directed by a health care practitioner. Take 30–45 minutes before bedtime.

Recommended Use: Helps promote healthy mood balance. Used as a sleep aid.

Caution: Sleep Aid: Consult a health care practitioner if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). **All Uses (Except Sleep Aid):** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over-the-counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Stop use and consult a health care practitioner if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes. Avoid taking with alcohol or products that cause drowsiness. Do not use this product if you have scleroderma. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Some people may experience diarrhea, nausea, vomiting, and abdominal pain. Keep out of reach of children. Contraindication: Do not use if you have scleroderma.

Drug Interactions: Combining 5-HTP with serotonergic drugs such as antidepressants, dextromethorphan (in cough syrups), meperidine (Demerol), tramadol, and other drugs may increase the risk of serotonergic side effects such as serotonin syndrome. Combining 5-HTP and carbidopa-levodopa (Sinemet®) can increase the risk of serotonergic side effects. This combination might increase the risk of some side effects including hypomania, restlessness, rapid speech, anxiety, insomnia, and aggressiveness, as well as scleroderma-like skin reactions. Individuals using this drug combination should be monitored by a health care practitioner. 5-HTP lowers blood pressure and could be additive to antihypertensive drugs. Clinically, long-term use of 5-HTP may need the use of dopamine amino acid precursors to support mood.

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References available at bioclinicnaturals.com



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5-HTP – Healthy Mood Balance and Restful Sleep

About 5-HTP

- Natural compound extracted from the seeds of the West African plant *Griffonia simplicifolia*¹
- 5-HTP is the precursor of the neurotransmitter serotonin, which supports positive mood²
- Helps support deep restorative sleep and prevents nightly sleep disruptions³
- Timed-release caplets to provide a sustained increase in 5-HTP, preventing the spikes and drops associated with immediate-release formulations, as well as the potential for gastric discomfort^{4,5}
- Helpful for a wide number of other conditions, including:
 - Easing the symptoms of fibromyalgia muscle pain⁶
 - Reducing the severity and length of migraine headaches⁷
 - Supporting appetite control and weight loss by promoting satiety^{8,9}

How to Use 5-HTP

- **Healthy Mood Balance:** 1 caplet 3 times per day with food or as directed by a health care practitioner. To minimize the risk of gastrointestinal side effects, slowly increase dose over a period of 2 weeks. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 1 year.
- **Sleep Aid:** 1–2 caplets per day with food, 30–45 minutes before bedtime, or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are taking the drug carbidopa or drugs/supplements with serotonin stimulating activity. Some people may experience drowsiness when taking 5-HTP. Exercise caution if operating heavy machinery or driving a motor vehicle, or if involved in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you experience weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. If symptoms persist or worsen and/or if sleeplessness persists for more than 3 weeks, consult a health care practitioner. Do not use if you have scleroderma or if you are pregnant or breastfeeding. Keep out of reach of children.¹⁰

Drug Interactions

- Combining serotonergic drugs such as antidepressants, dextromethorphan (in cough syrups), meperidine (Demerol), tramadol, and others may increase the risk of serotonergic side effects, such as serotonin syndrome. L-tryptophan, S-adenosylmethionine (SAMe), and St. John’s wort may also increase serotonin levels. Carbidopa is sometimes intentionally used with 5-HTP to minimize peripheral 5-HTP metabolism and boost the amount that reaches the brain. Combining 5-HTP and carbidopa-levodopa (Sinemet®) can increase the risk of serotonin-related side effects including restlessness, rapid speech, anxiety, insomnia, and aggressiveness. The combination of 5-HTP and carbidopa has also resulted in scleroderma-like skin reactions.¹⁰

Quick Tips for Optimal Health

- See the light. The use of very bright light therapy seems to help ease depression by promoting brain levels of serotonin.¹¹
- Relax. Regular massage therapy helps increase serotonin by 31%.¹²
- Walk or run. At least 1 hour of aerobic exercise three times per week helps boost serotonin levels and reduces the risk of depression by 20%.^{13,14}
- Eat high carbohydrate (e.g., ½ cup oatmeal), low-protein snacks or meals. Increasing the bioavailability of tryptophan to the brain is associated with reduced levels of depression.^{15,16}
- Eat fruits and vegetables. A diet rich in fruits and vegetables, such as a Mediterranean diet, has been associated with a more positive mood.^{17,18}
- Sleep. Poor quality sleep is linked with more rapid decline in brain size and memory as we age. 5-HTP helps improve sleep quality.^{19,20}
- Try using a microcurrent. A pulsed low intensity electrical microcurrent applied to the earlobes or scalp for 20 minutes to 1 hour daily has been proven to be of benefit for symptoms of depression.^{21,22}

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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