

Cyto·Calm

100mg of 5-HTP with biologically active vitamin B6 and L-glycine for complete mood and sleep support.

Each capsule contains:

L-5-Hydroxy-tryptophan (Griffonia simplicifolia)	100mg
Vitamin B6 (pyridoxal-5-phosphate)	10mg

90 vegetable capsules

Gluten, soy and dairy free.



The human brain is a complicated structure that relies on multiple chemicals to communicate information. For example, the neurotransmitter serotonin plays a significant role in mental health, temperature regulation and pain sensation, while the hormone melatonin is needed to regulate the circadian rhythm. As one can imagine, any nutrients that can support these brain chemicals have vast therapeutic potential. **5-Hydroxytryptophan (5-HTP)** is one such nutrient, as it is the direct precursor to serotonin and, subsequently, melatonin.

5-HTP is most notably used to support healthy mood balance. Yet, its ability to upregulate serotonin provides

application in many other conditions with mental and psychological components. Numerous research trials have found that **5-HTP** can also improve sleep difficulties, binge eating, weight management, headaches and fibromyalgia.

The conversion of 5-HTP into serotonin requires **vitamin B-6** as a cofactor, just as the synthesis of GABA and dopamine also require vitamin B6. This is thought to explain why **vitamin B-6** as a standalone treatment has shown to be beneficial in treating premenstrual symptoms, premenstrual dysphoric disorder and pregnancy-induced nausea. **Pyridoxal-5-phosphate (P-5-P)** is the coenzyme form of vitamin B6 that is biologically

Key points

- Indicated for regulating mood, supporting sleep, improving symptoms of fibromyalgia and aiding in weight management
- 100mg of 5-HTP as a therapeutic amino acid to support the production of serotonin and melatonin
- 10mg of pyridoxal-5-phosphate (P-5-P), the biologically active form of vitamin B6, added for the efficient conversion of 5-HTP into serotonin and the production of other neurotransmitters
- 100mg of L-glycine encourages proper cellular signaling in the nervous system to balance mood and improve sleep

active. Unlike pyridoxine HCl, P-5-P is immediately ready to be used within the nervous system after absorption from the digestive tract.

Glycine acts as another important cellular signal within the brain. Glycine's role in the nervous system is evident through multiple clinical trials examining the benefits in sleep and obsessive-compulsiveness among other mental conditions. For example, glycine ingestion one hour before sleep has been found to improve sleep latency and quality, reduce morning fatigue and improve next-day cognitive performance.

Cyto-Calm provides a therapeutic combination of 5-HTP, biologically activate vitamin B6 and glycine. Collectively, these nutrients act to support and balance the brain's neurotransmitters and work synergistically to improve mood and sleep.

Related products

Bio-B6
Cyto B-Complex
Cyto-Glycine
Cyto Theanine
Magnesium Sleep-Matrix
Melo-Matrix
Rhodiola Rosea Extract

Non-Medicinal Ingredients: Glycine, vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

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

Directions: Adults - (Healthy Mood Balance) Take 1 capsule, 1-3 times per day. Use for minimum of 1 week to see beneficial effects. Consult a healthcare professional for use beyond 1 year. (Sleep Aid) Take 1-2 capsules 30-45 mins before bedtime. Take with food.

Warnings: Do not use if safety seal is broken. All users: Consult a healthcare professional if symptoms persist or worsen; and prior to use if you are pregnant or nursing, or taking carbidopa or drugs/supplements with serotonergic activity. These may include S-adenosylmethionine (SAME), St. John's Wort, antidepressants, pain killers, over the counter cough/cold medication containing dextromethorphan, anti-nausea and anti-migraine medication. Discontinue use and consult healthcare professional if you show signs of weakness, oral ulcer, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Sleep Aid: Consult healthcare professional if sleeplessness persists for more than 3 weeks.