

break  
through  
to the  
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

## Client Information

### 5-HTP (100 mg) (100 vcaps)

£29.90

5-HTP is a dietary supplement providing a natural source of L-5-hydroxytryptophan (5-HTP) extracted from the seeds of the Griffonia plant. 5-HTP offers numerous benefits as the direct precursor to serotonin, an important brain neurotransmitter. 5-HTP is not found in significant amounts in a typical diet. The human body manufactures 5-HTP from L-tryptophan, a natural amino acid found in many dietary proteins. However, eating food that contains L-tryptophan does not significantly increase 5-HTP levels.

**Serotonin precursor:** Serotonin levels in the brain are highly dependent on the availability of 5-HTP within the central nervous system. 5-HTP easily crosses the blood-brain barrier without the requirement of a transport carrier. Adequate serotonin levels also play a significant role in melatonin production thus aiding sleep when taken at night.

**Mood-enhancing compound:** 5-HTP has attracted a significant amount of attention due to studies showing the benefits of increased serotonin and melatonin levels. Reports have cited benefits for mood regulation, sleep quality, and appetite control with 5-HTP supplementation. 5-HTP has been studied to show that it is more effective than Prozac in its ability to help depression and anxiety

**Natural and safe compound:** 5-HTP is a natural compound biologically present in the body. It is extracted from the seeds of an African plant (*Griffonia simplicifolia*) for use in supplements. 5-HTP is well-absorbed orally and is not affected by other amino acids. In addition, 5-HTP in this product is certified to be free of Peak X, an undesirable contaminant.

Additional research indicates that abnormal (low) levels of serotonin may also play a role in fibromyalgia.

5-HTP is intended for individuals who wish to support the production of the neurohormones, serotonin and melatonin, therefore helping to balance mood, sleep cycles, and appetite.

**Suggested Use:** the amount of 5-HTP needed varies between individuals. Most studies have used 100–900 mg per day. For severe or moderate symptoms of depression it is recommended to start on 2 capsules three times per day and then moderate according to mood.

#### Are there any side effects or precautions?

Some people taking large amounts of 5-HTP experience nausea or, less often, headache, sleepiness, muscle pain, or anxiety. 5-HTP should not be taken with antidepressants, weight-control drugs, other serotonin-modifying agents, or substances known to cause liver damage. Individuals with liver disease may not be able to adequately regulate 5-HTP.

This product was made in a GMP and ISO 9001:2000 registered facility.

This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

#### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

#### Supplement Facts

Serving Size 1 Capsule

##### Amount Per Capsule

L-5-Hydroxytryptophan	100 mg*
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\*Daily Value not established.

Other ingredients: Vcaps™ vegetarian capsule, cellulose, water, silicon dioxide, and magnesium stearate.