



5-HTP 200 mg

Mood Support*

Pharmacist Formulations 5-HTP 200 mg is a potent, natural supplement that supports healthy mood and well-being.* The main ingredient—5-hydroxytryptophan (5-HTP)—is extracted from the plant species *Griffonia simplicifolia*.

5-HTP is a primary metabolite of the amino acid L-tryptophan. Many people may know that the amino acid L-tryptophan can induce sleepiness if eaten in high quantities. 5-HTP, on the other hand, doesn't necessarily make you drowsy but instead works to calm your brain and support relaxation.*

How 5-HTP 200 mg Works

5-HTP belongs to a class of chemicals known as “nootropics.” These are chemicals that alter brain chemistry to produce a desirable psychological and/or physiological effect (such as improved mood and sense of well-being).*

Chemically speaking, 5-HTP crosses the blood-brain barrier and is converted into serotonin, which promotes calm and relaxation.* By enhancing serotonin levels in the brain, 5-HTP can help support mood, relaxation, neural tissue, and sleep quality.*¹

Furthermore, there is some data that suggests 5-HTP supplementation supports weight loss by reducing food intake.* It is suggested that increased levels of serotonin may help individuals eat less food overall, which in turn impacts body weight.

5-HTP 200 mg Supplementation

Since 5-HTP readily crosses the blood-brain barrier, it is effective for increasing serotonin levels in the brain. 5-HTP differs from L-tryptophan in that it doesn't necessarily make you drowsy but instead works to calm your brain and help you relax while still being alert.* That being said, 5-HTP may be useful for better sleep quality since some of it will be converted to melatonin.* Below are some of the most relevant research-backed benefits derived from 5-HTP 200 mg use:²

- Supports relaxation, calmness, and mood*
- Stimulates deeper sleep*
- May support weight loss (in higher doses)*
- Supports neural tissue*



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
L-5-Hydroxytryptophan (L-5-HTP)	200 mg	*

Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate.

Directions:

Take one capsule three times daily on an empty stomach as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



* 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.



References:

1. Birdsall, T. C. (1998). 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Alternative medicine review: a journal of clinical therapeutic*, 3(4), 271-280.
2. Ceci, F., Cangiano, C., Cairella, M., Cascino, A., Del Ben, M., Muscaritoli, M., ... & Fanelli, F. R. (1989). The effects of oral 5-hydroxytryptophan administration on feeding behavior in obese adult female subjects. *Journal of neural transmission*, 76(2), 109-117.