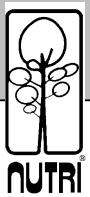


Product Information Sheet



Brain & Nervous System
Amino Acids

5-HTP

V Ve

5-Hydroxytryptophan Formula

5-Hydroxytryptophan is a precursor of serotonin, which is a neurotransmitter regulating numerous important bodily functions, in particular brain and nerve function.

Ingredients:

Each capsule typically contains:

5-HTP (5-Hydroxytryptophan)

50 mg

Encapsulated with:

Silicon dioxide

Microcrystalline cellulose

Magnesium stearate

Features:

5-Hydroxytryptophan is the immediate amino acid precursor to serotonin.

Approximately 70% of oral 5-HTP is converted to serotonin, compared with around 3% of L-tryptophan.

Serotonin may be converted in the body to melatonin, important in regulating the sleep-wake cycle.

Recommendation:

1-2 capsules daily, or as directed.

Up to 600mg per day may be taken, although loose stools may result from higher doses. For children, the dosage of 5-HTP should be reduced from the adult dose to 20mg for every 10kg of body weight.

Caution:

Safety has not been established in pregnancy or whilst breastfeeding. Consult with a medical doctor if taking antidepressant medication.

Contains ingredients derived from:

Soy

Product Code:

3291

Package Size:

60