

L-5-HTP Complex

Hydroxytryptophan

Code: 126
Package Size: 30 capsules
Suggested Use: 1 to 3 capsules with a meal or glass of water.

A Natural Alternative to Prozac®

L-5-HTP (called 5-HTP for short) is an amino acid that is a natural alternative to Prozac® and similar drugs, with far fewer adverse effects.

One reason 5-HTP and Prozac-like drugs have similar effects - is that they each act on the same chemical in the brain - a neurotransmitter called serotonin (neurotransmitters are vital chemicals that enable nerve cells to communicate with one another).

The general effect of 5-HTP is to increase the availability of serotonin at specific sites in the brain, known as "serotonin receptors." Increasing the availability of serotonin at these receptors has generally been associated with alleviation of the disorders listed below for lack of serotonin. Unlike drugs, that work by interfering with a natural process, 5-HTP raises serotonin levels by enhancing a natural process which is the synthesis of new serotonin molecules.

Is L-5-HTP right for me?

Although basic dosing of 5-HTP is fairly straightforward, it becomes significantly more complicated if you are currently taking other drugs that affect serotonin levels, such as an SSRI (eg, Prozac, Luvox, Paxil, Effexor, Zoloft), a tricyclic antidepressant (eg, Elavil, Tofranil, Pamelor), or St. John's wort. If you are taking one of these things and want to switch to 5-HTP, it is recommended that you first consult with your physician, because taking them together can cause a potentially dangerous elevation of serotonin levels. Never attempt to combine 5-HTP with any of these drugs without the help of a physician.

It is usually necessary to gradually lower the dose of your SSRI (or other drug) as you gradually increase the dose of 5-HTP. Since each individual is likely to react differently to a given combination of doses, your physician will probably want to monitor your responses to these drug combinations very closely. If you experience any symptoms of serotonin overload, such as confusion, fever, shivering, sweating, diarrhea, muscular incoordination, exaggerated reflexes, or violent muscular contractions, the dose of one or both agents can be easily and safely adjusted until the symptoms disappear. Eventually, the SSRI can probably be completely eliminated.

5-HTP may be helpful for:

- ⇒ Relieving depression
- ⇒ Alleviating anxiety, panic, and Obsessive Compulsive Disorder (OCD)
- ⇒ Reducing the pain and frequency of migraine attacks before they start
- ⇒ Alleviating the pain and discomfort of fibromyalgia
- ⇒ Improving sleep
- ⇒ Suppressing appetite and losing weight

How much should I take?

When taking 5-HTP for depression, anxiety, or fibromyalgia, the general practice in scientific studies has been to take 100mg 3 times a day. This dosing regiment may leave some people too sleepy during the day, however.

Some have found it best to start 5-HTP at a dose of 150 to 200mg at bedtime. If this is sufficient to provide antidepressant/anti-anxiety relief, they can take additional doses of 33 to 50mg during the day. The number of these doses should be adjusted to a level that provides adequate relief without causing daytime sedation.

If you are taking 5-HTP to enhance sleep, it is probably best to take the entire 300mg dose at bedtime.

Different individuals may require higher or lower doses than these, but these are good starting points. It is better to start with a low dose and increase it gradually. If a person finds that a lower dose delivers the therapeutic effect they are looking for, then they can stop there.

About Serotonin

Scientific studies have found that serotonin plays a vital role in each of the following functions, behaviors, or mood states:

- Depression
- Mood swings
- Anxiety
- Sleep
- Appetite control
- Memory
- Learning
- Temperature regulation
- Sexual behavior
- Hallucinations
- Cardiovascular function
- Skeletal muscle contractions
- Endocrine (hormone) regulation
- Blood clotting
- GI motility - contractions of the stomach and intestines that move food along and promote digestion

L-5-HTP
Dietary Supplement
INGREDIENTS / SUPPLEMENT FACTS
Serving size: 1 capsule

	Amt per serving	% DV
Griffonia (Griffonia simplicifolia)(Bean extract) (98% L-5 Hydroxytryptophan)	100 mg	*
Vanadium	1 mg	*
Ginkgo Biloba Leaf	125 mg	*
Oat Fiber	100 mg	*
Methionine	50 mg	*
Licorice Root	100 mg	*

*Daily value not established

Other Ingredients

Gelatin (capsule)

Dicalcium phosphate

Vegetable fiber

Do You Have “Serotonin Deficiency Syndrome”?

Symptoms of low serotonin levels can include one or more of the following:

- Depression
- Anxiety
- Panic Attacks
- Migraine headaches
- Premenstrual syndrome (PMS)
- Carbohydrate and sugar cravings
- Insomnia
- Obesity
- Fibromyalgia
- Alcoholism
- Obsessive-Compulsive Disorder
- Agressive or violent tendencies
- Bulemia
- Overeating

With a list this long, it's no wonder that Prozac[®] and other drugs that raise serotonin levels are such hot sellers. But, as the sophisticated health seeker knows, these drugs are not without their downside.

L-5-HTP is a plant extract that raises serotonin levels safely and naturally. A growing base of scientific evidence shows that **L-5-HTP** does everything the drugs do, but with far fewer adverse effects.

If you have any of the above symptoms and they are due to low serotonin levels, **L-5-HTP** may help alleviate them without negative effects on your body.

Special Notice

“For♦Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label.”

If you are not fully satisfied with the results after using L-5-HTP, your full purchase price will be refunded by the distributor you purchased it from.

“This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.”