

# 5-HTP (5-hydroxytryptophan)

Supports brain serotonin levels<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Brain serotonin levels to support emotional well-being<sup>†</sup>

## BENEFITS

- Supports serotonin production & levels<sup>†</sup>
- May support emotional well-being and sleep/wake cycles<sup>†</sup>
- May promote healthy appetite control and eating behavior<sup>†</sup>

## FEATURES

- Small capsules for easy swallowing
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme.<sup>1</sup> Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles.<sup>2,3</sup> In clinical studies, administration of 5-HTP supported serotonin production.<sup>4</sup> The 5-HTP supplied in this supplement is derived from the *Griffonia simplicifolia* plant.<sup>†</sup>

## SUGGESTED USE

5-HTP 50 mg

As a dietary supplement, take 1 capsule, 1-4 times daily, before meals, or as directed by a health professional.

5-HTP 100 mg

As a dietary supplement, take 1 capsule, 1-3 times daily, before meals.

## STORAGE

Store in a cool, dry place.

## WARNING

5-HTP 50 mg; 5-HTP 100 mg

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, antidepressants or other psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

## SOURCE

- 5-HTP is derived from the *Griffonia simplicifolia* plant
- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

5-HTP 50 mg

Size 3 caps

Bottle counts 60, 180

Order codes HYD56, HYD51

Bottle sizes 75, 120

5-HTP 100 mg

Size 3 caps

Bottle counts 60, 180

Order codes HYD16, HYD11

Bottle sizes 75, 120

## REFERENCES

1. Turner EH, et al. *Pharmacol Ther.* 2006 Mar;109(3):325-38.
2. Bruni O, et al. *Eur J Pediatr.* 2004 Jul;163(7):402-7.
3. Rondanelli M, et al. *Eat Weight Disord.* 2012 Mar;17(1):e22-8.
4. Croonenberghs J, et al. *Life Sci.* 2005 Mar 25;76(19):2171-83.

# 5-HTP (5-hydroxytryptophan)

Supports brain serotonin levels<sup>†</sup>

## SUPPLEMENT FACTS

1 capsule, 1-4 times daily, before meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

5-Hydroxytryptophan 50 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.



5-HTP 50 mg	Quantity	Order Code
	180	HYD51
	60	HYD56

1 capsule, 1-3 times daily, before meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

5-Hydroxytryptophan 100 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.



5-HTP 100 mg	Quantity	Order Code
	180	HYD11
	60	HYD16

Visit PureEncapsulationsPro.com for more information about our GMO policy.

<sup>†</sup>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.