



5-HTP

5 - Hydroxytryptophan



On the top of euphoria



E-Code: 82923



Relives **migraines** and **tension headaches**



Maintains Cortical serotonin levels to reduce symptoms of **depression**



Stimulates cortisol and serotonin receptors in **panic disorder**

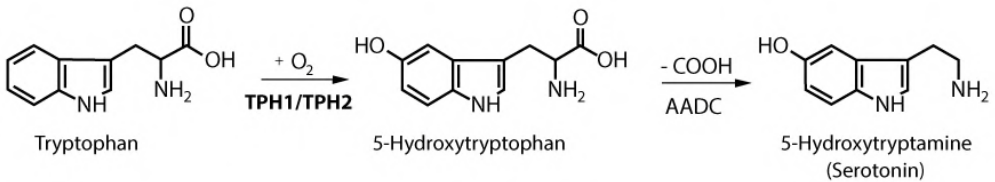


Effective in reducing **bulimia** and **carbohydrates** intake

What is 5-HTP?

5-Hydroxytryptophan (5-HTP) plays an essential role in the body's production of serotonin from an amino acid called tryptophan, which can be found in food. It is a building block of serotonin neurotransmitters involved in the modulation of mood, cognition, reward, learning, memory, sleep, and numerous other physiological processes. (1)

5-HTP supplements are commercially produced from the seeds of the African plant *Griffonia simplicifolia* that can contain up to 20% 5-HTP by weight.



Biosynthetic pathway of serotonin (5-HT). Tryptophan is hydroxylated by the two forms of TPH to yield 5-HTP, which is then decarboxylated by the aromatic amino acid decarboxylase (AADC) to serotonin.

Conditions with low serotonin levels helped by 5-HTP

- Depression
- Sleep apnea
- Obesity
- Migraine headaches
- Carbohydrate craving
- Tension headaches
- Bulimia
- Chronic daily headaches
- Insomnia
- Premenstrual syndrome
- Narcolepsy
- Fibromyalgia



Why use 5-HTP?

Depression

Depression is a mental health condition that occurs due to an imbalance in serotonin levels in the body. 5-HTP has even been found to work as effectively as prescription antidepressant drugs in some individuals.



Panic disorder

L-5-hydroxytryptophan stimulated salivary cortisol is a useful probe of serotonin function in panic disorder patients, and provides some evidence against a serotonin receptor hypersensitivity in panic disorder. (2)



Weight Loss

5-HTP may help in promoting weight loss by counteracting hunger-producing hormones and increasing satiety (feelings of fullness).



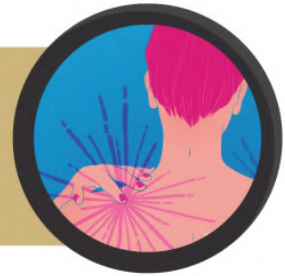
Migraine Headaches

Research suggests that migraine and chronic tension-type headaches may be associated with low serotonin levels. Studies have shown that taking 5-HTP can help with the intensity and duration of migraine headaches.



Fibromyalgia

The cause of fibromyalgia remains unclear, but low serotonin levels are believed to play a role. This has led scientists to suggest that supplementing with 5-HTP may improve symptoms in people with fibromyalgia. (3)





5-HTP DOSAGES FOR DIFFERENT TREATMENTS



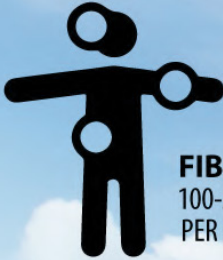
SLEEP :
100-300 mg



WEIGHT LOSS :
250-300 mg



**MOOD, DEPRESSION
& ANXIETY :** 50-100 mg



FIBROMYALGIA:
100-300 mg, 3-4 TIMES
PER DAY



MIGRAINES:
100-200 mg, 2-3
TIMES PER DAY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 15

| | Amount Per Serving | %Daily Value |
|---------------------|--------------------|--------------|
| 5-Hydroxytryptophan | 200 mg | * |

*Daily Value not established

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Find out more here!

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References:

1. Maffei, Massimo E. "5-Hydroxytryptophan (5-HTP): Natural occurrence, analysis, biosynthesis, biotechnology, physiology and toxicology." International journal of molecular sciences 22.1 (2020): 181.
2. Schruers, Koen, et al. "L-5-hydroxytryptophan induced increase in salivary cortisol in panic disorder patients and healthy volunteers." Psychopharmacology 161 (2002): 365-369.
3. Parvez, Sidrah, et al. "SEROTONIN ROLE IN FIBROMYALGIA." Era's Journal of Medical Research 8.1 (2021): 55-58.