

5-HTP

Mood Support*

5-HTP Supplementation

NutriDyn 5-HTP is a 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 tired but instead works to calm your brain and support relaxation.*

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 tired but 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.*

Some of the most relevant research-backed benefits derived from 5-HTP use include:

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

How 5-HTP 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 calmness and relaxation. By enhancing serotonin levels in the brain, 5-HTP can help support mood, relaxation, neural tissue, and sleep quality.*¹

Furthermore, data suggests that 5-HTP supplementation supports weight loss by reducing food intake.*² Increased serotonin levels may help individuals eat less food overall, which impacts body weight.



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	%DV
L-5-Hydroxytryptophan (L-5-HTP)	50 mg	*

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable stearic acid, 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.

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.

♦ 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.

For more information, visit: www.nutridyn.com