5-HTP – Healthy Mood Balance and Restful Sleep

About 5-HTP

• Natural compound extracted from the seeds of the West African plant *Griffonia simplicifolia*.1
• 5-HTP is the precursor of the neurotransmitter serotonin, which supports positive mood.2
• Helps support deep restorative sleep and prevents nightly sleep disruptions.3
• A specialized tablet coating, known as enteric coating, eliminates gut irritation and nausea that can occur with uncoated tablets of 5-HTP.
• Helpful for a wide number of other conditions, including:
  • Easing the symptoms of fibromyalgia muscle pain.4
  • Reducing the severity and length of migraine headaches.5
  • Supporting appetite control and weight loss.6

How To Use 5-HTP

• Healthy Mood Balance: 1 caplet 3 times per day with food or as directed by a health care practitioner. To minimize the risk of gastrointestinal side effects, slowly increase dose over a period of 2 weeks. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 1 year.
• Sleep Aid: 1–2 caplets with food 30–45 minutes before bedtime, or as directed by a health care practitioner.

Cautions and Contraindications

• Consult a health care practitioner prior to use if you are taking the drug carbidopa or drugs-supplements with serotonin stimulating activity. Some people may experience drowsiness when taking 5-HTP. Exercise caution if operating heavy machinery, driving a motor vehicle or if involved in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you experience weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. If symptoms persist or worsen and/or if sleeplessness persists for more than 3 weeks, consult a health care practitioner. Do not use if you have scleroderma or if you are pregnant or breast feeding. Keep out of the reach of children.7

Drug Interactions

• Combining serotonergic drugs such as antidepressants, dextromethorphan (in cough syrups), meperidine (Demerol), tramadol and others may increase the risk of serotonin side effects, such as serotonin syndrome. Carbidopa is sometimes intentionally used with 5-HTP to minimize peripheral 5-HTP metabolism and boost the amount that reaches the brain. Combining 5-HTP and carbidopa-levodopa (Sinemet®) can increase the risk of serotonin-related side effects including restlessness, rapid speech, anxiety, insomnia, and aggressiveness. The combination of 5-HTP and carbidopa has also resulted in scleroderma-like skin reactions.7

Quick Tips for Optimal Health

☐ See the light. The use of very bright light therapy seems to help ease depression by promoting brain levels of serotonin.8
☐ Relax. Regular massage therapy helps increase serotonin by 31%.9
☐ Walk or run. At least 1 hour of aerobic exercise three times per week helps boost serotonin levels and reduces the risk of depression by 20%.10,11
☐ Eating a high carbohydrate (e.g. ½ cup oatmeal), low protein snack or meal can help increase serotonin levels.12
☐ Sleep. Poor quality sleep is linked with more rapid decline in brain size and memory as we age. 5-HTP helps improve sleep quality.13,14
☐ A pulsed low intensity electrical micro-current applied to the earlobes or scalp for 20 minutes to 1 hour daily has been proven to be of benefit for symptoms of depression.15

PATIENT NAME: __________________________

PRACTITIONER NOTES

PRACTITIONER CONTACT INFORMATION:
References