

5-HTP

L-5-Hydroxytryptophan

(Hypoallergenic)



Item # 72810

Available in bottles of 150 capsules

The Possible Benefits of 5-HTP, a Dietary Supplement

- Provides the direct precursor to serotonin and melatonin
- Supports healthy thinking, eating, and sleeping patterns*
- Provides nutritional support for normal metabolic regulation*

Description

L-5-Hydroxytryptophan (5-HTP) is an intermediate neurotransmitter, converted from the essential amino acid L-tryptophan in the body, and converted to 5-hydroxytryptamine (serotonin) and N-acetyl-5-methoxytryptamine (melatonin). It is a key component in the complex chain of brain interactions that regulates our moods and sleeping patterns.*

The neurotransmitter serotonin plays an important role in our affective states. Low levels of serotonin have been associated with carbohydrate cravings and weight gain, mood and sleep disorders, and substance dependence. Because 5-HTP readily crosses the blood-brain barrier and converts to serotonin, 5-HTP has undergone much research regarding serotonin metabolism, which indicate it can play a supportive role in normal bodily functions.*

After L-tryptophan was removed from the U.S. market in 1989 due to a contaminated batch, 5-HTP emerged to fill the gap. Very small amounts of 5-

HTP are found in foods, including bananas, tomatoes, plums, avocados, eggplants, walnuts and pineapples. We obtain our 5-HTP from the seed of *Griffonia simplicifolia*, commonly used in the preparation of lectins (pharmaceutical-grade compounds used in blood typing for transfusions and bone marrow transplants). When 5-HTP is produced properly, there is no evidence that the pure substance itself can cause eosinophilia-myalgia syndrome.* Every lot of Allergy Research Group 5-HTP is carefully tested to ensure its purity and to guarantee the absence of contaminants.

Caution: 5-HTP should not be used concurrently with any antidepressant. 5-HTP should be avoided by those with elevated cardiovascular risk, coronary artery disease, carcinoid tumor, stroke or arterial spasm, and by pregnant women and nursing mothers. Large doses of 5-HTP can trigger excess serotonin formation in peripheral tissues, with possible adverse reactions. Use only as directed.

*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.

Serving Size: 1 Capsule
Servings Per Container: 150

Amount Per Serving:

L-5-Hydroxytryptophan

50 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

Suggested Use: As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

References

- Boiardi A, Picotti GB, Di Giulio AM, et al. Cephalalgia. 1984; 4:81-84.
- Byerley WF, Judd LL, Reimherr FW, et al. J Clin Psychopharmacol. 1987; 7:127-137.
- Cangiano C, Ceci F, Cascino A, et al. Am J Clin Nutr. 1992;56:863-867.
- Cangiano C, Laviano A, Del Ben M, et al. Int J Obes Relat MetabDisord. 1998; 22:648-654.
- Caruso I, Sarzi Puttini P, et al. J Int Med Res. 1990;18:201-209.
- Ceci F, Cangiano C, Cairella M, et al. J Neural Transm. 1989;76:109-117.
- De Benedittis G, et al. Serotonin Precursors in Chronic Primary Headache. J Neurosurg Sci. Jul1985;29(3):239-48.
- De Giorgis G, Miletto R, et al. Drugs Exp Clin Res. 1987;13:425-433.
- Dreshfield-Ahmad LJ. Life Sci. 2000;66(21):2035-41.
- Eriksson B, et al. Q J Nucl Med. Mar 2000;44(1):68-76.
- Genazzani AR, Sandrini G, Facchinetti F, et al. Cephalalgia. 1986; 6:241-245.
- Gwaltney-Brant SM, Albertsen JC, Khan SA. J Am Vet Med Assoc.2000; 216:1937-1940.
- Imeri L, Mancina M, Bianchi S, Opp MR. Neuroscience. 2000; 95:445-452.
- Kahn RS, et al. J Affect Disord. Mar1985;8(2):197-200.
- Klarskov K, Johnson KL, Benson LM, et al. Adv Exp Med Biol. 1999;467:461-468.
- Michelson D, Page SW, Casey R, et al. J Rheumatol. 1994; 21:2261-2265.
- Nicoladi M, et al. Adv Exp Med Biol. 1999;467:177-182.
- Polding W, et al. Psychopathology. 1991;24(2):53-81.
- Puttini PS, Caruso I. J Int Med Res.1992; 20:182-189.
- Ribeiro CA. Headache. Jun2000;40(6):451-6.
- Soulairac A, et al. Ann Med Psychol. Paris. 1977;1(5):792-98.
- Sternberg EM, Van Woert MH, Young SN, et al. N Eng J Med. 1980;303:782-787.
- Titus F, et al. Eur Neurol. 1986;25(5):327-29.
- van Praag H, et al. Psychiatry Res. Sep1980;3(1):75-83.
- van Vliet IM, et al. Eur Neuropsychopharmacol. May1996;6(2):103-10.
- Williamson BL, Klarskov K, Tolminson A J, et al. Nat Med. 1998;4:983.
- Yamada J, Ujikawa M, Sugimoto Y. Eur J Pharmacol. 2000;406:159-162.
- Zhou SY, Goshgarian HG. J Appl Physiol. 2000; 89:1528-1536.



Allergy Research Group®
2300 North Loop Road, Alameda, CA 94502
Phone: 800-545-9960 or 510-263-2000
Fax: 800-688-7426 or 510-263-2100
www.AllergyResearchGroup.com

*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.