



## 5-HTP

### A dietary supplement to support overall mood, sleep quality, comfort, and appetite and naturally balance Serotonin levels.\*

Each Vegetarian Capsule contains 50 mg of 5-HTP along with 5 mg of Vitamin B6, a coenzyme required for the conversion of 5-HTP to Serotonin.\*

#### Recommended for:

- Sleep support\*
- Weight management\*
- Headaches\*
- Mood balance\*
- PMS\*
- Joint and muscle comfort\*

#### What is 5-HTP?

- 5-HTP is an amino acid extracted from the seeds of the African plant *Griffonia simplicifolia*. In the body it is an intermediate in the conversion of Tryptophan to Serotonin, which makes it a safe and natural way to balance Serotonin levels.\*
- In Europe, it has been used for over 30 years for mood balance, quality sleep, weight management and comfort for those with headaches and muscle discomfort.\*

#### What is Serotonin?

- Serotonin is a neurotransmitter critical for brain function. It helps regulate muscle movement, alertness, mood, behavior, appetite, activity level and sleep quality and is a precursor to Melatonin.

#### What decreases Serotonin levels?

- Stress caused by emotional crisis, inadequate rest and nutrition, excessive caffeine or alcohol use and lack of exercise can have serious impact on the brain's ability to produce serotonin.

#### Why is Serotonin important?

- Low Serotonin levels can lead to problems such as aggression, alcoholism, anxiety, bulimia, depression, seizures, fatigue, fibromyalgia, seasonal affective disorder, food and carbohydrate cravings, hyperactivity, irritability, muscle and bone discomfort, obesity, obsessive compulsive disorders, panic disorders, premenstrual syndrome, short attention span, sleep disorders, scattered thoughts and severe headaches.\*

#### How can 5-HTP Help?

- Supplementing with 5-HTP can support serotonin levels because it can serve as a direct building block for serotonin to reduce the negative consequences associated with low serotonin levels.\*

#### Sleep Quality

- Serotonin balances other hormones involved in the production of sleep and sleep quality, including melatonin.\* Studies with 5-HTP show it supports Rapid Eye Movement time, deep sleep, and dreaming.\* Its ability to support quality sleep supports greater mental, physical and emotional rejuvenation.\*

#### Comfort

- One of the underlying causes of headache discomfort is low serotonin levels. Supplementing with 5-HTP supports serotonin levels and may reduce headache frequency and intensity.\*

#### Mood Balance

- Low Serotonin levels in the brain have been linked to the symptoms associated with low mood.\* Studies have shown 5-HTP to be effective in balancing brain neurotransmitters which supports improved mood.\*

#### Weight Management and Healthy Appetite

- Serotonin plays an important role in regulating appetite and controlling the feeling of fullness. Studies report that those on 5-HTP felt fuller, had reduced cravings for sweets and starches, and consumed fewer calories overall, which shows that it can support weight management and help individuals adhere to a healthy diet.\*

#### Supplement Facts

##### Serving Size 1 Capsule

##### Amount per Serving

Vitamin B6	5 mg
5-Hydroxytryptophan	50 mg

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), silicon dioxide.

**Warning:** If pregnant, nursing or taking MAO inhibitors, anti-depressants or being treated for Parkinson's Disease, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule 20 minutes before a meal, three times daily, or as directed by your healthcare practitioner.

Distributed by  
Clinicians Supplement Consultants  
855-272-7220  
180 Froehlich Farm Blvd  
Woodbury NY 11797  
www.cscprivatelabel.com

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