



5-HTP (5-hydroxytryptophan)

Common Indications:

- Support healthy serotonin levels - mood.
- Supports impulse control, reduces aggression and obsessive behavior
- Appetite and food craving control
- Improve sleep
- Migraine headaches reduction

General Comments:

L-Tryptophan is the precursor for making 5-hydroxytryptophan which then converts into serotonin, a calming neurotransmitter. This in turn gets converted into melatonin thus supportive of sleep. Melatonin then gets further converted into metabolites that modulate immune system and act as antihistamines

Benefits & Mechanism of Action:

- Serotonin is converted to melatonin so ultimately 5-HTP can influence sleep and melatonin production.
- Reported to increase levels of brain dopamine and norepinephrine.
- Influences activities controlled by serotonin, which include regulation of mood (anxiety and depression), impulse control (aggression and obsessive behavior), appetite (food cravings), pain control and sleep. Administration of 5-HTP as a dietary supplement has been reported to decrease the urinary excretion of serotonin.

Symptoms of Depletion: A lack of 5-HTP may lead to increased anxiety, depression and sleep disturbances.

Dose: The most common dose is 50-100mg, one to three times a day.

Cautions & Side Effects:

- Can cause stomach upset.
- Do not take if there is an allergy to any component of this dietary supplement.

References:

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- adherence to dietary prescriptions in obese adult subjects. *Adv Exp Med Biol.* 1991;294:591–593.
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