



# 5-HTP

*Nature's Harmony® 5-HTP (5-Hydroxytryptophan) is a naturally sourced extract from the seeds of the Griffonia simplicifolia plant. This important nutrient is used to help balance mood, well-being and sleep patterns.*

PRODUCT CODE: 400760

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
5-HTP is used by the body to make serotonin, an important neuro-transmitter for normal nerve and brain function and a healthy mood balance.	Capsule	Take 1 or 2 capsules three times daily with meals. To minimize the risk of gastrointestinal side effects, start dosing at 50 mg three times per day. Slowly increase to an effective dose over a period of two weeks. Use for a minimum of one week to see beneficial effects. For use beyond one year, consult a health care practitioner.

## DESCRIPTION:

5-HTP (5-Hydroxytryptophan) is a substance produced in the body after eating foods that contain the amino acid L-tryptophan. The body uses 5-HTP to produce serotonin, an important neurotransmitter required for healthy nerve and brain function. Since it is closely linked to mood and relaxation, normal levels of serotonin allow for balanced moods and healthy sleep patterns.

**Recommended Daily Allowance:** N/A

**Food Sources:** Not found in foods to any appreciable extent (turkey, chicken, pork and cheese are good sources of tryptophan).

**Causes of Deficiency:** Serotonin deficiencies are often caused by excess stress and poor diet.

**Symptoms of Deficiency:** Serotonin deficiencies are linked to depression, anxiety, sleep disorders, obesity and addiction.

**Complementary Nutrients:** Carbohydrates trigger the production of serotonin. Vitamin B6 is also a critical nutrient for serotonin production. 5-HTP works in conjunction with Nature's Harmony® Relora® to further combat carbohydrate and sugar cravings.

## HOW IT WORKS:

The transmission of signals through different regions of the brain is via chemical messengers called neurotransmitters, such as serotonin. But for many people, poor diet combined with the stress of everyday life has resulted in serotonin deficiencies. 5-HTP can help re-establish normal serotonin levels in the brain because it acts as a precursor to serotonin production in the body.

# 5-HTP

## RESEARCH:

Clinical studies have shown that supplementing with 5-HTP can help improve mood and relaxation by normalizing serotonin levels in the brain.

## SIDE EFFECTS:

Side effects from 5-HTP are rare, typically mild and may include upset stomach and drowsiness. If side effects occur, they usually disappear within a few days.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if pregnant, breastfeeding or taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, products such as L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over-the-counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Do not use if you have scleroderma. Do not use while driving a motor vehicle or operating machinery since it may cause drowsiness. Some people may experience gastrointestinal disturbances such as diarrhea, nausea, vomiting and abdominal pain. Consult a health care practitioner if symptoms persist.

## OTHER CONSIDERATIONS:

5-HTP may cause drowsiness. Do not take this product while driving a motor vehicle or operating machinery. Tests indicate that Nature's Harmony® 5-HTP is free from the impurity peak-X.

## LABEL:

**Natures Harmony®**

**5-HTP**  
L-5-hydroxytryptophane

Extrait naturel provenant de graines de *Griffonia simplicifolia*

**50 mg**

**Favorise un bon équilibre de l'humeur**

**90 capsules**  
NPN 80007051

**Usage recommandé:** Le 5-HTP est utilisé par le corps dans le but de sécréter la sérotonine, neurotransmetteur important pour des fonctions cérébrales et nerveuses saines et pour un bon équilibre de l'humeur.  
**Dose recommandée (adultes):** Prendre 1 ou 2 capsules, trois fois par jour, aux repas. Pour minimiser les risques d'effets secondaires gastro-intestinaux, débiter avec une dose de 50 mg, trois fois par jour. Augmenter graduellement sur une période de deux semaines jusqu'à la dose efficace. Utiliser pendant au moins une semaine avant de pouvoir constater des effets bénéfiques. Pour un usage de plus d'un an, consulter un praticien de soins de santé.  
**Ingédients médicinaux:** Chaque capsule contient: L-5-HTP (provenant de graines de Griffonia simplicifolia) .....50 mg  
Ingédients non médicinaux: cellulose microcristalline, stéarate de magnésium, gélatine.  
Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, bié, ni colorants, arômes ou agents de conservation artificiels. Ce produit a été testé et il est révélé exempt de contaminants de la famille du peak X.  
**Information sur les risques:** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante, si vous prenez du carbidopa ou des médicaments/suppléments à activité sérotoninergique, notamment du L-tryptophane, de la S-adenosylmethionine (SAME), du milipertan, des antidépresseurs, des médicaments antidouleur, des médicaments en vente libre contre la toux ou le rhume contenant du dextrométhorphan, et des médicaments contre la nausée et la migraine. Cesser l'utilisation et consulter un praticien de soins de santé si vous souffrez de faiblesse, d'ulcères buccaux ou de douleurs abdominales accompagnées de fortes douleurs musculaires ou si vous constatez des changements au niveau de la peau. Ne pas utiliser si vous souffrez de sclérodémie. Ne pas utiliser si vous conduisez de la machine lourde ou tout autre véhicule motorisé, puisque ce produit pourrait causer de la somnolence. Certaines personnes pourraient souffrir de maux de tête gastro-intestinaux tels que diarrhées, nausées, vomissements ou douleurs abdominales. Consulter un praticien de soins de santé si les symptômes persistent.  
**RANGER DANS UN ENDOIT FRAIS ET SEC.**  
**TENIR HORS DE LA PORTÉE DES ENFANTS.**

**Recommended Use:** 5-HTP is used by the body to make serotonin, an important neuro-transmitter for normal nerve and brain function and a healthy mood balance.  
**Recommended Dose (Adults):** Take 1 or 2 capsules three times daily with meals. To minimize the risk of gastrointestinal side effects, start dosing at 50 mg three times per day. Slowly increase to an effective dose over a period of two weeks. Use for a minimum of one week to see beneficial effects. For use beyond one year, consult a health care practitioner.  
**Medicinal Ingredients:** Each capsule contains: L-5-HTP (from Griffonia simplicifolia seed) .....50 mg  
Non-medicinal ingredients: Microcrystalline cellulose, magnesium stearate, gelatin.  
This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or artificial colours, flavours, or preservatives. Tested to be free from the contaminant peak X.  
**Risk Information:** Consult a health care practitioner before use if pregnant, breastfeeding or taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, products such as L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, anti-depressants, pain killers, over-the-counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Do not use if you have scleroderma. Do not use while driving a motor vehicle or operating machinery since it may cause drowsiness. Some people may experience gastrointestinal disturbances such as diarrhea, nausea, vomiting and abdominal pain. Consult a health care practitioner if symptoms persist.  
**STORE IN A COOL, DRY PLACE.**  
**KEEP OUT OF REACH OF CHILDREN.**

**Natures Harmony®**

**5-HTP**  
L-5-Hydroxytryptophan

Naturally Sourced from *Griffonia simplicifolia* seed

**50 mg**

**Promotes a Healthy Mood Balance**

**90 Capsules**  
NPN 80007051

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPÉROULE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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Une compagnie canadienne fière de l'être.

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