

5-HTP[†]

5-hydroxytryptophan (5-HTP) is an amino acid intermediate that is directly converted into the mood-regulating neurotransmitter serotonin. Maintaining a healthy serotonin level is important for regulating appetite and sleep cycle and for supporting a sense of calmness.⁹ As a dietary supplement, 5-HTP is produced naturally from the seeds of the African plant, *Griffonia simplicifolia*. In contrast to L-tryptophan, 5-HTP provides efficient conversion into serotonin because it does not need prior conversion by tryptophan hydroxylase.⁸

Micronutrients[†]

This product includes essential nutrients that are required for the synthesis of serotonin and GABA neurotransmitters. This includes 5-methyltetrahydrofolate (5-MTHF), vitamin B₆ (P-5-P), vitamin C, zinc and magnesium.¹⁰ 5-MTHF is the biologically active form of the B vitamin folic acid, which is vital for supporting proper mood regulation.¹¹ 5-MTHF works together with B₁₂ as a methyl group donor. Methyl (CH₃) group donation is important for maintaining neurotransmitter synthesis. Magnesium is a mineral that calms the nervous system by binding to glutamate receptors, which reduces excitatory neurotransmitter activity.¹² The combination of the minerals zinc and magnesium helps reduce glutamate to non-toxic levels, providing significant neuroprotection.¹²

Directions

3 capsules taken 1-3 times per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant, nursing or taking any medications for depression or anxiety, consult your health care provider before taking this product.

Supplement Facts ^{V1}

Serving Size 3 Capsules
Servings Per Container 30

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Vitamin C (as Ascorbic Acid USP) | 50 mg | 56% |
| Niacin (as Niacinamide USP) | 10 mg | 63% |
| Vitamin B6 (as Pyridoxal 5'-Phosphate) | 10 mg | 588% |
| Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt) | 680 mcg DFE | 170% |
| Vitamin B12 (as Methylcobalamin) | 200 mcg | 8,333% |
| Magnesium (as DiMagnesium Malate) | 75 mg | 18% |
| Zinc (as TRAACS™ Zinc Bisglycinate Chelate) | 5 mg | 45% |
| Inositol NF | 1 g | * |
| Taurine USP | 300 mg | * |
| L-Theanine (Suntheanine®) | 100 mg | * |
| Gamma Aminobutyric Acid (PharmaGABA™) | 100 mg | * |
| 5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> (Seed)) | 75 mg | * |

* Daily Value not established.

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[†] 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.

References

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