

5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. There is a massive amount of evidence that suggests that low serotonin levels are a common consequence of modern living. The lifestyle and dietary practices of many people living in this stress-filled era results in **lowered levels of serotonin** within the brain. As a result, many people are overweight, crave sugar and other carbohydrates, experience bouts of depression, get frequent headaches, and have vague muscle aches and pain. **All of these maladies may be correctable by raising brain serotonin levels.** The primary therapeutic applications for 5-HTP are low serotonin states such as:

- Depression**
- Obesity**
- Carbohydrate craving**
- Bulimia**
- Insomnia**
- Narcolepsy**
- Sleep apnea**
- Migraine headaches**
- Tension headaches**
- Chronic daily headaches**
- Premenstrual syndrome**
- Fibromyalgia**

Although 5-HTP may be relatively new to the United States health food industry, it has been available through pharmacies for several years and has been intensely researched for the past three decades. It has been available in several European countries as a medicine since the 1970s.

Cautions: This product should not be consumed by children or by pregnant or lactating women. Some may experience diarrhea, gastrointestinal (GI) upset while taking this product which usually disappears by reducing dosage. **This is much more prevalent in capsule form than in the oral spray form.** As with any supplement, if discomfort persists discontinue use. The sufferings from disorders such as ulcers, irritable bowel disease, Crohn's disease, celiac disease, should not use 5-HTP capsules. Those using MAO-inhibitors, antidepressants and drugs containing fenfluramine should not use 5-HTP. May cause drowsiness.

REGENESIS

5-HTP

ORAL SPRAY



REGENESIS ANNOUNCES NEW 5-HTP ORAL SPRAY

Description: 5-HTP (5-hydroxy L-tryptophan) is a naturally occurring metabolite of the amino acid tryptophan. 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons. 5-HTP helps maintain mental and emotional well-being and promotes healthy sleep

Benefit Overview

Depression - There are several studies where 5-HTP was compared directly to antidepressant drugs. 5-HTP is equal to or better than standard antidepressant drugs and the side effects are much less severe. The study with the most significance was one that compared to fluvoxamine, a "selective serotonin re-uptake inhibitor" like Prozac, Paxil, and Zoloft. In the study, subjects received either 5-HTP (100 mg) or fluvoxamine (50 mg) three times daily for 6 weeks. The percentage decrease in overall depression scores was slightly better in the 5-HTP group (60.7% vs. 56.1%). More patients responded to 5-HTP than fluvoxamine and 5-HTP was quicker acting than the fluvoxamine. The real advantage of 5-HTP in this study was the low rate of side effect.

Sleep/Insomnia - Several clinical studies have shown 5-HTP to produce good results in promoting and maintaining sleep in normal subjects as well as those experiencing insomnia. One of the key benefits with 5-HTP in the treatment of insomnia is its ability to increase sleep quality.

Migraines - Because chronic headache sufferers have low levels of serotonin in their tissues, some researchers refer to migraine and chronic headaches as a "low serotonin syndrome". There have been several clinical studies with 5-HTP in headaches, both migraine and tension headaches, that have showed excellent results. In particular, the use of 5-HTP in the prevention of migraine headache offers considerable advantages over drug therapy.

Fibromyalgia - Migraine headaches and fibromyalgia share a common feature: both are low serotonin syndromes. After over 25 years of research, one of the lead researchers has stated that "In our experience, as well as in that of other pain specialists, 5-HTP can largely improve the painful picture of primary fibromyalgia". Double-blind studies support this contention

Dosage/Usage - For depression, weight loss, headaches, and fibromyalgia the dosage should be started between 25mg twice daily and 50mg three times per day.

Why Spray vs. Pill - The main side effects of 5-HTP are gastrointestinal in nature. Oral (sublingual) absorption bypasses the GI tract, eliminating the majority of these effects.

Summary - 5-HTP (5-Hydroxy L-Tryptophan) is used by the human body to make serotonin, an important substance for normal nerve and brain function. Serotonin appears to play significant roles in sleep, emotional moods, pain control, inflammation. 5-HTP is not present in significant amounts in a typical diet. The human body manufactures 5-HTP from L-tryptophan, a natural amino acid found in many dietary proteins. However, eating food that contains L-tryptophan does not significantly increase 5-HTP levels. Supplemental 5-HTP is naturally derived from the seeds of the Griffonia simplicifolia, a West African medicinal plant.