



5-HTP Power

A Natural Alternative to Selective Serotonin Reuptake Inhibitors (SSRIs)

5-HTP Power is a formula based on 5-hydroxytryptophan, a precursor to serotonin. Serotonin is a neurotransmitter that regulates appetite, mood and sleep. 5-HTP Power is used for depression, insomnia and other problems involving low serotonin levels.

If a person is taking an SSRI (selective serotonin reuptake inhibitor), 5-HTP can be used as a transitional aid to reducing or eliminating the side effects of discontinuing SSRI drugs, because 5-HTP will have a similar effect. It is very important to never discontinue SSRI medication abruptly. Doses should be reduced gradually while being monitored by the prescribing physician or a health professional.

5-HTP Power can be used with St. John's Wort or Mood Elevator for depression. It's a great remedy for O blood types because it raises dopamine levels which are usually low when O blood types feel depressed. 5-HTP can also help with carbohydrate cravings as these are sometimes the result of low serotonin levels. Because it reduces these cravings, 5-HTP can also be combined with weight loss products to support weight loss.

The ingredients in this formula are as follows:

5-Hydroxytryptophan

Tryptophan is an amino acid that serves as the base for producing both serotonin and melatonin (a hormone that induces sleep). The body converts tryptophan into 5-hydroxytryptophan (5-HTP), which is then converted into serotonin. Under the influence of the pineal gland, serotonin is converted to melatonin to promote sleep. Since the body is able to directly convert 5-HTP into serotonin, this supplement naturally increases serotonin levels in the brain.

Eleuthero

Eleuthero was the first herb to be classified as an adaptogen, an agent that helps the body cope with stress. Eleuthero increases stamina and endurance, stimulates the brain to improve concentration, and stimulates male hormone production. It has also been proven to aid the immune response.

Ashwaganda

An Ayurvedic tonic, Ashwaganda is a general balancer for the glandular system. It counteracts long term stress, reduces overactivity and promotes sound restful sleep. It also strengthens the nerves and helps restore vitality in people suffering from nervous exhaustion.

Suma

Suma is an herb that helps the body cope with stress and resist disease. It also enhances circulation to the brain and stimulates the immune response. Nicknamed "Brazilian ginseng," it is one of those herbs which has been used to treat almost everything, from cancer to loss of energy. Like Eleuthero, it has an adaptogenic nature, which means it helps to reduce the effects of stress in the body.

Vitamin B6

Vitamin B6 is a cofactor for over 100 enzymes related to amino acid metabolism. It is involved in the production of niacin from tryptophan, and the production of neurotransmitters, particularly serotonin. Taking anti-depressants can increase the need for Vitamin B6 and B6, itself, has an antidepressant effect.

Zinc

Zinc is an important mineral in the synthesis of serotonin and other neurotransmitters.

Usage

Take 1 capsule three times daily with a meal for depression. As a sleep aid, take 3 capsules of 5-HTP Power with an evening meal. Before bedtime, turn the lights down low or otherwise darken the room. 5-HTP is converted to serotonin and when it is dark, the pineal gland converts the serotonin to melatonin a hormone that induces sleep.

Warnings

Don't take more than 3 capsules per day. If taking a prescription medication, consult a health-care practitioner before taking this product. Pregnant or nursing women should seek the advice of a health-care practitioner before using this supplement. Avoid using in cases of ADHD since high dopamine levels are associated with hyperactivity.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine Communications

PDR for Nutritional Supplements by Physician's Desk Reference

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2004 May be reproduced provided it is not altered in any way.

Distributed by: