

# 5-HTP CR

Distributed By: Town & Country Compounding  
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5-HTP CR

## Clinical Applications



TOWN & COUNTRY  
Compounding Pharmacy  
We compound quality

- Supports Healthy Biosynthesis of Serotonin\*
- Supports Healthy Mood and Positive Outlook\*
- Supports Normal Appetite\*
- Supports Restful Sleep Pattern\*

*5-HTP CR has a delivery system that releases 5-HTP over a period of time. 5-HTP is a plant-derived amino acid that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, and sleep. Today's stress-filled lifestyles and dietary practices may negatively affect how the body handles serotonin. Regular use of Town & Country Compounding's 5-HTP CR may help to support a positive outlook and healthy appetite responses.\**

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## Discussion

5-hydroxytryptophan (5-HTP) is a precursor to serotonin. In the body, the essential amino acid tryptophan is converted by the enzyme tryptophan hydroxylase to 5-HTP, which is then decarboxylated to serotonin, elevating extracellular serum serotonin levels. Supplementing with 5-HTP bypasses the need to convert tryptophan to 5-HTP, an enzymatic reaction that can be affected by rate-limiting factors.<sup>1,2</sup> Oral 5-HTP is well-absorbed in the intestine without the need for a transporter; other amino acids do not compete with it for absorption. It is able to cross the blood-brain barrier, is not degraded by the enzymes that degrade tryptophan, and is excreted through the kidneys.<sup>\*1,3</sup>

### Mood and Comfort

Serotonin regulates many normal brain activities, increases norepinephrine and dopamine, and is important in regulating mood and behavior. Adequate levels of serotonin are associated with normal calmness and relaxation.<sup>\*1-5</sup>

Several studies have demonstrated that 5-HTP supports a healthy frame of mind, good energy levels, ease of movement, and restful sleep.<sup>1,6,7</sup> Published studies with doses ranging from 100 to 600 mg/d have also demonstrated the effectiveness of 5-HTP supplementation in supporting cerebral comfort.<sup>\*8-10</sup>

### Appetite

When used in a high dose (ie, 300 mg/3 times a day), 5-HTP decreases food consumption and reduces weight. This result may relate to the effect of 5-HTP in supporting normal hypothalamic regulation, which includes appetite homeostasis.<sup>11</sup> However, nausea at this relatively high dose was a common complaint.<sup>12,13</sup> In other research, sublingual 5-HTP administered 5 times per day for 8 weeks in adult overweight women significantly supported feelings of post-meal hunger satisfaction.<sup>\*14</sup>

### Hormones and Sleep

5-HTP is thought to affect the HPA axis, as it has the ability to raise plasma cortisol levels, cause a transient increase in growth hormone (at 150-mg dose), and, in men only, support healthy levels of thyroid-stimulating hormone.<sup>\*15,16</sup>

Support of sleep quality is likely related to 5-HTP's ability to increase the rapid eye movement (REM) sleep cycle length.<sup>3,17</sup> In children, supplementation with 5-HTP may help modulate arousal levels and support peaceful sleep.<sup>18</sup> Additionally, because serotonin is converted to melatonin, a hormone known to support a healthy circadian rhythm, supplementation with 5-HTP may increase serum serotonin levels, which may, in turn, raise serum melatonin levels.<sup>\*3</sup>

**\*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.**

# Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Calcium (as dicalcium phosphate dihydrate)	27 mg	2%
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> )(seed)	100 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Hydroxypropyl methylcellulose, hydroxypropyl cellulose, ascorbyl palmitate, silica, and coating (hydroxypropyl methylcellulose and medium-chain triglycerides).

## Directions

Take one tablet up to two times daily, with a meal, or as directed by your healthcare professional. Do not exceed recommended dose.

Consult your healthcare professional prior to use if you have, or suspect you have, a medical condition or are taking prescription drugs for depression, migraines, Parkinson's disease, or psychiatric disorders. Not for use by children.

## Formulated To Exclude

Wheat, gluten, corn, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, artificial colors, and artificial sweeteners.

## References

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## Cautions

Do not take if you are, or suspect you are, pregnant or if you are lactating, or under 18 years of age.

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