

***Neuro 5-HTP (90 capsules)***  
**\$27.00**

Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Change Your Brain, Change Your Life” has developed Neuro 5-HTP a supplement designed to alleviate feelings of depression and support a healthy mood.

**Background and Scientific Studies:**

**B6:** Vitamin B6 (pyridoxine) is a water-soluble vitamin essential in the metabolism of amino acids, glucose, and fatty acids and is important in the production of neurotransmitters (serotonin, epinephrine, norepinephrine, and GABA). It is required by the nervous system and is needed for normal brain function as well as DNA synthesis.

**5-HTP (5-hydroxytryptophan)** is an extract from the African plant *Griffonia simplicifolia*, and is the precursor to the neurotransmitter serotonin, which plays a role in mood, sleep and appetite. Low levels of serotonin can lead to depression, anxiety and sleep disorders. 5-HTP supplementation has been used as a treatment for depression, anxiety, panic disorders, and as an appetite suppressant for weight loss (Ref. 1-3). Use of 5-HTP should be avoided if you are pregnant or nursing and caution should be used if you are taking 5-HTP receptor agonists, antidepressant medications (SSRI, MAO or tricyclics), mood stabilizers (lithium), anti-migraine medications or pain medications due to potential additive effects. Taking 5-HTP may put you at risk for serotonin syndrome, a condition where high levels of serotonin accumulate in your body. Symptoms range from shivering and diarrhea to muscle rigidity, fever and seizures. Serotonin syndrome usually goes away within a day of stopping the medication, but if symptoms persist, seek medical attention immediately.

**Servings per Container: 90**

**Proprietary Blend per tablet:**

**1 capsule contains:**

- Vitamin B6 (as Pyridoxal-5-Phosphate) 10 mg
- 5-HTP (5-Hydroxytryptophan) 50 mg

**Other Ingredients:** Rice powder, magnesium stearate, rice flour.

**Recommended Use**

As a dietary supplement, take 1 capsule per day or as directed by your health care practitioner.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

This product does not contain wheat, soy, corn, dairy or preservatives.

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:**

1. Halford, J.C., et al. (2007) Serotenergic drugs: effects on appetite expression and use for the treatment of obesity. *Drugs* 1:27-55.
2. Shaw K., et al. (2002) Are tryptophan and 5-hydroxytryptophan effective treatments for depression? A meta-analysis. *Aust N Z J Psychiatry* 4:488-91.
3. Schruers K., et al. (2002) Acute L-5-hydroxytryptophan administration inhibits carbon dioxide-induced panic in panic disorder patients. *Psychiatry Res* 3:237-43.