

L-5-HTP Complex

Ingredients:

Griffonia

Vanadium

Ginkgo Biloba Leaf

Oat Fiber

Methionine

L-5-HTP is an amino acid that raises serotonin levels safely and naturally. A growing base of scientific evidence shows that this nutrient does everything that prescription drugs do, but with far fewer side effects.

Serotonin is a necessary neurotransmitter that transfers nerve impulses from one cell to another and is responsible for normal sleep. By maintaining proper serotonin levels, depression and insomnia as well as stabilizing moods may benefit. In addition, it may help control hyperactivity in children, alleviate stress, benefit the heart, and aid in weight control by reducing appetite. It has been shown to be helpful with migraine headaches.

Contains the following ingredients:

Griffonia (98% L-5 Hydroxytryptophan): An essential amino acid that is necessary for the production of Vitamin B3 (niacin). It is used by the brain to produce serotonin, a necessary neurotransmitter that transfers nerve impulses from one cell to another and is responsible for normal sleep. It helps to control hyperactivity in children, alleviates stress, is good for the heart, aids in weight control by reducing appetite, and enhances the release of growth hormone.

Vanadium: Mineral. Vanadium is a mineral needed in trace amounts. It is needed for the formation of bones, teeth, and cartilage development. A deficiency may be linked to cardiovascular and kidney disease, impaired reproductive ability, and increased infant mortality.

Ginkgo Biloba Leaf: Herb. Improves brain functioning by increasing cerebral and peripheral blood flow, circulation and oxygenation. Good for depression, headaches, memory loss, tinnitus (ringing in the ears). May be beneficial for asthma, eczema, heart and kidney disorders.

Oat Fiber: Fiber may help lower the blood cholesterol levels and stabilize blood sugar levels. It may help prevent colon cancer, constipation, hemorrhoids, obesity, removing certain toxic metals, and other disorders.

Methionine: Amino Acid. Assists in the breakdown of fats, thus helping to prevent a buildup of fat in the liver and arteries that might obstruct blood flow to the heart, brain, and kidneys. It helps the digestive system, helps to detoxify harmful agents such as lead and other heavy metals, helps to diminish muscle weakness, prevent brittle hair, and is beneficial for people with osteoporosis or chemical allergies.

Licorice Root: Herb. Cleanses the colon, decreases muscular spasms, increases fluidity of mucus in the lungs and bronchial tubes, and promotes adrenal gland function. Stimulates the production of interferon. Beneficial for allergic disorders, asthma, chronic fatigue, emphysema, fever, herpes virus infection, hypoglycemia, and inflammatory bowel disorders.

Cautions: Although basic dosing of L-5-HTP is fairly straightforward, it becomes significantly more complicated if you are currently taking other drugs that affect serotonin levels such as an SSRI (eg, Prozac, Livox, Paxil, Effexor, Zoloft), a tricyclic antidepressant (eg, Elavil, Tofranil, Pamelor), or St. John's Wort. If you are taking one of these and want to switch to L-5-HTP, it is recommended that you first consult with your physician, because taking them together can cause a potentially dangerous elevation of serotonin levels. Never attempt to combine L-5-HTP with any of these drugs without the help of a physician.

Discontinue if you experience any symptoms of serotonin overload such as confusion, fever, shivering, sweating, diarrhea, muscular incoordination, exaggerated reflexes, or violent muscular contractions, the dose of one or both agents can be easily and safely adjusted until the symptoms disappear.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. This information is nutritional in nature and should not be construed as medical advice.

Important Supplemental Information for L-5-HTP

Although basic dosing of L-5-HTP is fairly straightforward, it becomes significantly more complicated if you are currently taking other drugs that affect serotonin levels, such as an SSRI (eg, Prozac, Luvox, Paxil, Effexor, Zoloft), a tricyclic antidepressant (eg, Elavil, Tofranil, Pamelor), or St. John's Wort. If you are taking one of these and want to switch to L-5-HTP, it is recommended that you first consult with your physician, because taking them together can cause a potentially dangerous elevation of serotonin levels. Never attempt to combine L-5-HTP with any of these drugs without the help of a physician.

Do You Have "Serotonin Deficiency Syndrome"?

Symptoms of low serotonin levels can include one or more of the following:

- Depression
- Anxiety
- Panic Attacks
- Migraine Headaches
- Premenstrual Syndrome (PMS)
- Carbohydrate and sugar cravings
- Insomnia
- Obesity
- Fibromyalgia
- Alcoholism
- Obsessive-Compulsive Disorder
- Aggressive or violent tendencies
- Bulimia
- Overeating

With a list this long, it's no wonder that prescription drugs that raise serotonin levels are such hot sellers. But, as the sophisticated health seeker knows, these drugs are not without their downside.

L-5-HTP is a plant extract that raises serotonin levels safely and naturally. A growing base of scientific evidence shows that L-5-HTP does everything the prescription drugs do, but with far fewer adverse effects. As always, consult your health care professional before changing any prescribed medication and always discuss your options with your health care professional.

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