

5-HTP Synergy™

5-hydroxytryptophan combined with vitamin B6

5-HTP Synergy™ combines 5-hydroxytryptophan (5-HTP) and pyridoxal-5-phosphate (the activated form of vitamin B6) to help support healthy serotonin levels and general neurotransmitter function. This synergistic formula is designed to help the body maintain healthy sleep patterns, balanced moods, and a normalized appetite. 5-HTP readily enters the blood brain barrier and combines with vitamin B6 during its conversion to serotonin. Therefore, 5-HTP Synergy™ is the perfect blend for optimizing serotonin production and neurotransmitter function.

Why is Serotonin Important?

Serotonin is one of the most abundant neurotransmitters in the brain and is often referred to as the “feel good hormone” because of its role in sleep, mood, mental outlook, appetite, body temperature, sexual behavior, and the body’s natural pain response. Today’s hectic, stressful lifestyles can contribute to a reduction in serotonin levels, which may affect these factors.

Serotonin, itself, does not cross the blood brain barrier; it is synthesized in the brain from its individual components. Therefore, supplementing directly with serotonin would be ineffective for raising levels in the brain, but providing its precursors, such as 5-HTP and vitamin B6, can help maintain healthy serotonin levels.

Additional Highlights

- 5-HTP may support healthy weight management, as it helps to balance appetite and minimize cravings for carbohydrates.
- 5-HTP has been shown to be beneficial for aiding individuals in maintaining a low-glycemic or low-carbohydrate diet to balance blood sugar levels.
- 5-HTP is a safe way to support neurotransmitter production, since it is sourced from the seeds of the African plant, *Griffonia simplicifolia*, whereas other precursors may be sourced from bacteria and carry risk of contamination.
- 5-HTP is highly absorbable and unaffected by the presence of other amino acids, meaning it can be taken conveniently with food, without impacting its effectiveness.
- 5-HTP is also used by the body to produce other neurotransmitters and brain chemicals such as melatonin, dopamine, norepinephrine, and beta-endorphin, comprehensively supporting neurotransmitter function and mental health.

Recommended Use:

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

5-HTP Synergy™ may be helpful for:

- Appetite control
- Carbohydrate cravings
- Weight management
- Mental health and function
- Healthy sleep patterns
- Normal pain responses
- Mood balance
- Optimal digestion



*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.

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