



**ADVANCED**  
ORTHOMOLECULAR RESEARCH

AOR CODE: AOR04329

Premium

## 5-HTP

**\$33.95** CAD

Low & High-Dose 5-HTP

- A precursor to serotonin
- Supports healthy mood balance and sleep patterns
- Helps alleviate migraines and fibromyalgia
- Flexible dosing options for varying needs



 Gluten Free  Vegan  Non-GMO Mood

AOR Code	Variant	Price
AOR04329	90 VEGI-CAPS	\$33.95

### Details

5-HTP is primarily used to support mood through its ability to boost serotonin levels. It has been compared to various tricyclic antidepressants, and has been found to be as effective with fewer side effects and quicker effectiveness. Since serotonin and melatonin are involved in regulating the sleep/wake cycle, 5-HTP also enhances sleep quality. Additionally, research supports a role for 5-HTP in reducing migraines and the symptoms of fibromyalgia. Studies in Spain and Italy found that 5-HTP was comparable to the drug methysergide in alleviating the symptoms of migraines (over 70% in both groups) while eliciting considerably fewer side effects. Fibromyalgia patients have been found to have low serotonin levels and have shown symptomatic improvement with the use of tricyclic and SSRI antidepressants. Several clinical trials have confirmed significant improvements in symptoms, including pain, morning stiffness, nervousness, and fatigue.

Ultimately, those who suffer with mood imbalances such as low mood and anxiety, or from migraines, fibromyalgia or sleep disorders may benefit from taking AOR Tryfonia. AOR also offers Tryfonia Max, which is twice the strength of regular Tryfonia.

### Label Info

---

### Discussion

5-HTP is 5-hydroxytryptophan, a metabolite of tryptophan, and an essential precursor of serotonin

and melatonin. Research supports a role for 5-HTP in supporting mood balance and relieving the symptoms of fibromyalgia.

## Product Variation

Product Code	Size
AOR04329	90 VEGI-CAPS

## Supplements Facts

Serving Size: 1 Capsule	Amount	% Daily
L-5-Hydroxytryptophan (griffonia seed extract)	50 mg	

microcrystalline cellulose, ascorbyl palmitate, sodium stearyl fumarate. Capsule: hypromellose.

## Guarantees

AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

## Adult Dosage

For healthy mood balance, take 1-2 capsules three times daily with food; for relief of symptoms of fibromyalgia, take 2 capsules three to four times daily with food. To minimize gastrointestinal side effect risk, start at 50-100 mg two to three times daily and slowly increase to an effective dose over 2 weeks. Use for a minimum of 1 week to see beneficial effects for mood balance and 2 weeks for the alleviation of fibromyalgia symptoms. Consult a health care practitioner if symptoms persist or worsen or for use beyond one year.

## Cautions

Consult a health care practitioner prior to use if taking carbidopa or drugs/supplements with serotonergic activity, including, but not limited to, L-tryptophan, SAMe, St. John's Wort, antidepressants, pain killers, cough/cold medication containing dextromethorphan, anti-nausea medication or anti-migraine medication. Some people may experience gastrointestinal disturbances such as diarrhea, nausea, vomiting and abdominal pain. May cause drowsiness; exercise caution if driving or operating heavy machinery or engaging in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you experience skin changes, weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain. Do not use if you have scleroderma, if you are pregnant, breastfeeding, or trying to conceive. Not to be used by individuals under the age of 18 or those with a medical condition.

## Source

Griffonia seed

## Main Application

Anxiety disorders

Depression

Fibromyalgia

Insomnia

Migraine headache

Obesity

## **Disclaimer**

The information and product descriptions appearing on this website are for information purposes only, and are not intended to provide or replace medical advice to individuals from a qualified health care professional. Consult with your physician if you have any health concerns, and before initiating any new diet, exercise, supplement, or other lifestyle changes.

## **Research**

### **Background**

#### 5-Hydroxytryptophan- The Immediate Serotonin Precursor

5-Hydroxytryptophan (5-HTP), a metabolite of tryptophan, is derived from the seed of *Griffonia simplicifolia*, a small shrub tree that grows off the Ivory Coast and Ghana. 5-HTP is then processed in France. 5-HTP can also be made synthetically in a laboratory. Natural 5-HTP is devoid of any “peak x” contaminants.

It is well-established that one of the basic physiological causes of depression is low serotonin levels. Low serotonin levels may also be associated with conditions other than depression, including anxiety, insomnia, aggressiveness, migraine headaches, fibromyalgia, and some obsessive-compulsive and appetite disorders.

Unfortunately, serotonin taken as a supplement cannot penetrate the blood-brain barrier (BBB). However, naturally derived 5HTP, a serotonin precursor, is well absorbed orally (70%) and penetrates the BBB, where it is converted into serotonin. Food does not interfere with its absorption.