



ADVANCED
ORTHOMOLECULAR RESEARCH

AOR CODE: APR04029

Premium

5-HTP Extra Strength

\$33.45 CAD

Supports Healthy Mood Balance

- Provides L-5-HTP, a precursor to serotonin, the body's "happiness hormone"
- Improves sleep patterns & helps alleviate migraines
- Flexible dosing options for varying needs



 Gluten Free  Vegan  Non-GMO Mood

AOR Code	Variant	Price
APR04029	60 VEGI-CAPS	\$33.45
APR04335	90 VEGI-CAPS	\$41.95

Details

Tryfonia MAX is L-5-hydroxytryptophan (5-HTP) derived from Griffonia simplicifolia seed extract. 5-HTP is a metabolite of the amino acid tryptophan, and an essential precursor of the neurotransmitter serotonin and the neurohormone melatonin. Together, 5-HTP, serotonin and melatonin are important for the regulation of mood and healthy sleep.

5-HTP is primarily used to support mood through its ability to boost serotonin, the neurotransmitter associated with happiness. 5-HTP has been compared to various tricyclic antidepressants and has been found to be as effective and faster-acting with fewer side effects. Since serotonin and melatonin are involved in regulating the sleep/wake cycle, 5-HTP can also enhance sleep quality. Additionally, research supports a role for 5-HTP in reducing headaches 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 with 5-HTP have confirmed significant improvements in symptoms, including pain, morning stiffness, nervousness, and fatigue.

Tryfonia MAX 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
APR04029	60 VEGI-CAPS
APR04335	90 VEGI-CAPS

Supplements Facts

Serving Size: 1 Capsule	Amount	% Daily
L-5-Hydroxytryptophan	100 mg	

microcrystalline cellulose, 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

Take 1 capsule three times daily with food, or as directed by a qualified health care practitioner. To minimize gastrointestinal side effect risk, slowly increase dose over a 2-week period. 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 1 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

Mood

Fibromyalgia

Insomnia

Migraine headache

Weight management

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.