



5-HTP

- Enhances Serotonin Synthesis ¹
- Support for managing anxiety and panic attacks. ¹³
- Improves Sleep Quality ²
- Reduces Symptoms of Fibromyalgia ³⁻⁷
- Supports Appetite Regulation & Weight Control ⁴⁻⁸
- May Reduce Migraine Frequency ³⁻⁷
- Effective in treating moderate to severe depression ⁹

***A Clinically-Effective Serotonin
Precursor for Mood, Sleep &
Neuroendocrine Balance***

 Made in USA
by Vital Nutrients (as premix)



What Is Vital Nutrients 5-HTP ?

It is a pharmaceutical-grade supplement containing 50 mg of 5-HTP (5-Hydroxytryptophan) capsule, extracted from Griffonia simplicifolia seeds with vitamin B₆ (pyridoxal5'-phosphate (PLP) and pyridoxine HCL). It is designed to support serotonin synthesis, mood regulation, and sleep quality, with high bioavailability and purity standards.

Parameter	Description
Absorption	Rapidly absorbed in the small intestine; peak plasma levels within 1–2 hours
Bioavailability	~%70 oral bioavailability; unaffected by food intake
Blood-Brain Barrier	Freely crosses BBB via neutral amino acid transporters
Metabolism	Decarboxylated to serotonin by aromatic L-amino acid decarboxylase (AADC)
Elimination Half-Life	~2.2 hours
Excretion	Renal clearance of metabolites (e.g., 5-HIAA)

Reference: Maffei ME. Int J Mol Sci. 181:(1)22;2021

5-HTP vs SSRIs vs L-Tryptophan

Feature	5-HTP	SSRIs	L-Tryptophan
Mechanism	Direct serotonin precursor	Blocks serotonin reuptake	Indirect precursor
BBB Penetration	High	High	Moderate (competes with other amino acids)
Onset of Action	1–2 weeks	2–4 weeks	Variable
Side Effects	Mild GI upset	Sexual dysfunction, weight gain	Sedation, nausea
Diversion Risk	None	N/A	Can be diverted to niacin/kynurenine
Supplement Form	OTC	Prescription	OTC

Clinical Dosing Guide

Indication	Dose Range	Duration	Notes
Depression	100–300 mg/day	4–8 weeks	May be used adjunctively with SSRIs (under supervision) ¹⁻⁹
Insomnia	100 mg/day 30–60 min before bedtime	As needed	Improves sleep latency and quality ²
Fibromyalgia	200–400 mg/day	≥8 weeks	Reduces pain and fatigue symptoms ³⁻⁷
Appetite Control / Obesity	100 mg/day before meals	6–12 weeks	Suppresses carbohydrate cravings ⁴⁻⁸
Migraine Prophylaxis	100–200 mg/day	Variable	May reduce frequency and intensity ³⁻⁷

How to Use It

- Take 50 mg twice daily, preferably on an empty stomach, or as directed by your physician.
- 60 vegan capsules

Is It Safe? ¹²

- Yes. Generally well-tolerated up to 400 mg/day,
- high doses may cause GI upset or EMS-like symptoms.
- Low doses may improve mood; high doses risk serotonin syndrome

Physician Advisory: Assess patient use of antidepressants, pregnancy, or breastfeeding status before recommending 5-HTP.



Insomnia



Migraines



Depression



Weight
management



Appetite
control

Interactions

Potentiates SSRIs, MAOIs, and other serotonergic agents. ¹²



References:

1. Promotes central serotonin production for mood stabilization and emotional resilience (Javelle et al., Nutrition Reviews, 2020)
2. Boosts melatonin levels via serotonin pathway, supporting circadian rhythm and sleep onset (Birdsall, Alt Med Rev, 1998)
3. Shown to alleviate pain, fatigue, and sleep disturbances in fibromyalgia patients (Caruso et al., Clin Rheumatol, 1990)
4. Modulates satiety signals and reduces carbohydrate cravings (Evans et al., J Diet Suppl, 2022)
5. Serotonin precursor therapy linked to decreased migraine episodes (Sicuteri et al., Headache, 1986)
6. Review article: Serotonin and migraine: a reconsideration of the central theory. The Journal of Headache and Pain, 31 Jul, 2008
276-267:(5)9-https://doi.org/10.1007/s2-0058-008-10194
7. https://link.springer.com/chapter/58_7-0381-4613-1-978/10.1007
8. Effects of 5-Hydroxytryptophan on Distinct Types of Depression Javelle et al., Nutrition Reviews (2020)
9. 5-HTP vs Tryptophan
Comparison-<https://www.drugs.com/compare/5-http-vs-tryptophan>
10. Adekunle O, Balogun A. Tryptophan and 5-HTP in Cognitive Disorders: A Systematic Review. Research Square. 2023.
11. <https://www.webmd.com/vitamins/ai/ingredientmono-5/794-http>
12. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7796270/#sec10-ijms-00181-22>
13. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7796270/#sec10-ijms-00181-22>

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Info & Reference

