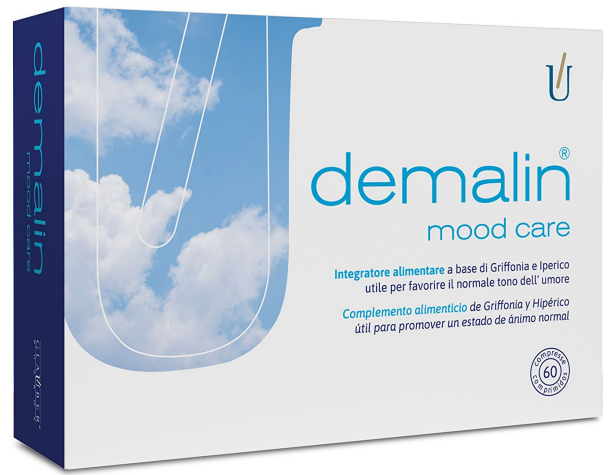


Demalin 60 tablets

EAN: 8033267460272 FABRICANTE: GLAUBER



Food supplement of Griffonia and St. John's Wort, which promotes normal mood.

DESCRIPTION

Ingredients

Griffonia (Griffonia simplicifolia Baill.) ES tit. 30% in 5-HTP, St. John's Wort (Hypericum perforatum L.) is tit. 0.3% in hypericin, L-tryptophan, L-phenylalanine, Passionflower (Passiflora incarnata L.) is tit. 2% isovitexin, L-tyrosine, ascorbic acid, Pyridoxine HCL (100% Vitamin B6), Vitamin B12, Vitamin D3. Anti-caking agents: cellulose, silicon dioxide, vegetable magnesium stearate. Coating agent: E1420, E553b, E422, E171.

Instructions for use

One tablet once a day.

Bibliographic Notes

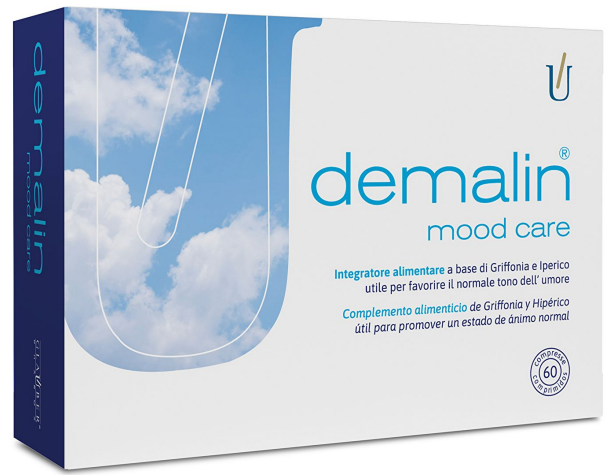
Griffonia is a source of 5-HTP (5-Hydroxytryptophan), an immediate precursor in the biosynthesis of the neurotransmitter 5-Hydroxytryptamine (serotonin; 5-HT). 5-HTP, naturally contained in Griffonia simplicifolia, has the characteristic of being converted into serotonin by more than 70% of the dose taken orally. Clinical studies have demonstrated the direct correlation between the supply of 5-HTP and the increase in serotonin levels. St. John's Wort contributes to maintaining emotional stability, inhibiting the re-uptake of serotonin, monoamine oxidases and through interaction with GABA receptors. Passionflower extracts have the characteristic of enhancing the effects of St. John's Wort in its action of inhibiting MAO (Monoamine oxidases), blocking the re-uptake of the neurotransmitters serotonin and noradrenaline. Passionflower contains alkaloids of the armane type: armane, armino, armol, armanol, which are also MAO inhibitors. In the brain, the synthesis of the neurotransmitter serotonin from the amino acid tryptophan is catalyzed by an enzyme dependent on the biologically active form of vitamin B6; the same vitamin is necessary for the conversion of 5-HTP into serotonin. Research published in the journal BMC Psychiatry shows that patients suffering from depression respond better to treatments with high levels of vitamin B12 in their blood. The narcotic function of tryptophan on mood and sleep is due to the natural conversion of tryptophan into serotonin and melatonin. Serotonin promotes a good mood and melatonin a good sleep-wake cycle. Serotonin deficiencies, related to L-tryptophan deficiencies, are well documented in cases of depression and insomnia. Clinical research has confirmed the usefulness of tryptophan in disorders related



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to serotonergic dysfunction. New studies carried out by the VU University Medical Center in Amsterdam have revealed a correlation between vitamin D levels and the presence of depressive symptoms. Low levels of vitamin D induce an increase in parathyroid hormone levels due to glandular hyperactivity that induces depressive symptoms. A study by the University of Cambridge School of Clinical Medicine has shown how a decrease in phenylamine and tyrosine can determine clear depressive symptoms. A large number of studies indicate the usefulness of tyrosine intake in conditions of stress, cold, fatigue, prolonged work and insomnia, with a reduction in stress-induced hormone levels as a result of weight loss and an increase in intellectual and physical performance.

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