

5 - HTP 50 mg 60 tablets

EAN: 5019781025312 FABRICANTE: HEALTH AID



Food supplement based on 5-HTP from griffonia. 5-HTP supports psychological function by helping to increase serotonin levels in the central nervous system.

DESCRIPTION

When is it indicated to take 5_HTP Health Aid?

It is indicated for:

- People who suffer from depression and/or anxiety.
- For people with behavioral disorders: Obsessive-compulsive disorder. Aggressive behavior.
- For those with sleep pattern disorders (regulates the circadian sleep-wake cycle).
- For those who suffer mood changes associated with premenstrual syndrome.
- In case of eating disorders, for example, anorexia and bulimia.
- As an appetite reducer.
- As an analgesic: headache, migraine, rheumatoid arthritis, fibromyalgia.

What is the composition of 5-HTP Health Air?

One tablet contains 50 milligrams of Griffonia simplicifolia seed extract. Bulking agents (cellulose, calcium phosphates), coating agent (hydroxypolymethylcellulose), anti-caking agents (magnesium stearate, silicon dioxide, stabilizer (gum arabic).

How should I take 5_HTP from Health Air?

For adults and young people over 16 years of age, one or two tablets a day. If required, the dose can be increased to four tablets per day. The maximum amount that can be taken is six tablets a day.

The recommended daily dose should not be exceeded.

Does Health Air 5-HTP contain any allergens?

No added salt or sugar. It does not contain yeast, wheat, starch, soy, or dairy derivatives. Free from colors, preservatives and artificial flavors. It is suitable for vegetarians and does not contain gluten.

