

## 5-HTP 100mg 60 Capsules

EAN: 8436583690574    FABRICANTE: NATURBITE



*Naturbite's 5HTP is a food supplement that increases mood, appetite, pain control and sleep because 5HTP is a precursor to serotonin, which is an antidepressant.*

### DESCRIPTION

**Naturbite's 5HTP** is a food supplement, direct precursor of serotonin, making it ideal for **increasing mood, controlling pain, appetite, sleep.**

Serotonin is a monoamine neurotransmitter produced endogenously from L-tryptophan and with an important regulatory role in the central nervous system (CNS). It has important implications for **sleep, depression, anxiety, aggressiveness, appetite**, body temperature, sexual behavior and pain sensation.

The intake of 5-HTP increases serotonin levels in the central nervous system, which is why it helps in the case of mild depression. It has also been observed that 5-HTP, apart from increasing serotonin levels, is capable of increasing melatonin levels, which is why it is the 5-HTP that regulates sleep.

