

5-Hydroxytryptophan (5-HTP) 30 Vegetable Capsules

EAN: 033984014480

FABRICANTE: SOLGAR



Solgar's 5 hydroxytryptophan is a food supplement based on extracts of Griffonia simplicifolia and valerian, it also contains magnesium and vitamin B6.

DESCRIPTION

What is Solgar's 5-Hydroxytryptophan and what is it used for?

Solgar's 5 hydroxytryptophan is a food supplement that serves to increase mood, to reduce fatigue associated with stress and to facilitate a good night's rest.

What are the ingredients in Solgar 5-Hydroxytryptophan Vegetable Capsules?

The ingredients of 5Hydroxytryptophan vegetable capsules are:

- 5 HTP (L-5-Hydroxytryptophan from standardized extract of Griffonia simplicifolia seed),
- Valerian Root Powder Extract (4:1) (Valeriana officinalis),
- Magnesium (oxide, bisglycinate),
- Vitamin B6 (Pyridoxine hydrochloride, pyridoxal-5'-phosphate).
- Bulking agents: microcrystalline cellulose, maltodextrin;
- Anti-caking agent: vegetable magnesium stearate;
- Vegetable capsule: hydroxypropylmethylcellulose.

How should I take Solgar 5-Hydroxytryptophan?

You should take 5-Hydroxytryptophan orally: You should take one or two capsules a day, with a glass of water or juice.

Does Solgar 5-Hydroxytryptophan have contraindications?

5-Hydroxytryptophan is only contraindicated if you are being treated with antidepressants.

For the rest, Solgar's 5-Hydroxytryptophan is suitable for vegans, vegetarians, for gluten-free diets, it does not contain sugars, it does not contain starch, it does not contain wheat, it does not contain wheat, it does not contain dairy derivatives or yeast, it does not contain sweeteners, flavorings or artificial colors. . is a Kosher and Halal food supplement.

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