

## 5-Hydroxytryptophan (5-HTP) 30 Vegetable Capsules

EAN: 033984014480

FABRICANTE: SOLGAR



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

### DESCRIPTION

Solgar® Griffonia 5-HTP Complex combines in its formulation ingredients that intervene in mental function.

The modern pace of life, stress, work overload, negative emotions... endanger our psychological balance, our mood and our mental health. The ingredients present in Solgar® Griffonia 5-HTP Complex are known for their role in different psychological and mental processes.

- Magnesium is necessary for the proper functioning of our nervous system, supporting healthy psychological function and helping to reduce tiredness and fatigue commonly associated with these situations.
- 5-HTP (5-hydroxytryptophan) is an amino acid produced naturally by our body and necessary for the synthesis of serotonin, a neurotransmitter involved in several brain processes. Due to their natural 5-HTP content, Griffonia seeds have been used as a source of 5-HTP for decades.
- Valerian is a plant that has been traditionally used for centuries to promote relaxation and rest.
- Vitamin B6 is necessary for various mental functions, it is involved in hormonal regulation and, together with 5-HTP, in the synthesis of serotonin. Therefore, this vitamin supports mental well-being and a healthy nervous system, while also helping to reduce fatigue.

### Indications

- For people looking to support rest and mental well-being

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- For those who want to support serotonin production
- For those who want to support a balanced mood

### Benefits

- Magnesium contributes to the normal functioning of the nervous system, normal psychological function and helps reduce tiredness and fatigue.
- Vitamin B6 contributes to the normal functioning of the nervous system, to normal psychological function, helps regulate hormonal activity and helps reduce tiredness and fatigue.
- Valerian contributes to relaxation and helps maintain a natural sleep.
- Gluten free.
- Contains no wheat, dairy products, soy, yeast, preservatives, sweeteners, artificial flavours or colours.
- Suitable for vegans.

### Caution

- Food supplements should not be used as a substitute for a balanced and varied diet and a healthy lifestyle.

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- This product is not intended for use by pregnant or nursing women.
- If you are taking any medications, including antidepressants or medications with serotonergic or central nervous system activity, or have any medical condition, including mental health or gastrointestinal problems, consult your physician before taking this product.
- If you think this product is causing an adverse reaction, stop taking it immediately and consult your doctor.
- Do not drive, operate machinery, or consume alcohol while taking this product.
- Keep the product out of the reach of small children.
- Prolonged intake of amounts greater than 10 mg of vitamin B6 may cause mild tingling and numbness.

### Ingredients

Griffonia simplicifolia seed extract (30% 5-hydroxytryptophan), glazing agent (hydroxypropyl methylcellulose), magnesium (oxide, bisglycinate), Valeriana officinalis root extract, bulking agent (microcrystalline cellulose), anti-caking agents (vegetable stearic acid, vegetable magnesium stearate, silicon dioxide), vitamin B6 (pyridoxine hydrochloride, pyridoxal-5'-phosphate).

### Instructions for use

For adults, take one (1) capsule daily, preferably with meals.

Swallow the capsules with water or another drink.

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