5-HTP Select®

The Moss Nutrition Professional Line

SUPPORT FOR HEALTHY SEROTONIN LEVELS

5-HTP Select® helps the body to make serotonin, a monoamine neurotransmitter well known for helping to promote relaxation and calming. Serotonin is involved in helping to regulate mood, sleep, intestinal motility, vascular function, appetite and satiety. 5-HTP Select® contains 5-HTP extracted from the seeds of Griffonia simplicifolia, a shrub native to West and Central Africa that is a natural source of 5-HTP. It also contains activated vitamin B6 (as P-5-P), a synergistic cofactor in the synthesis of serotonin.

5-HTP is produced in the body as an intermediate compound during the synthesis of serotonin from the amino acid tryptophan. Not all dietary tryptophan is converted into serotonin, making supplementation with 5-HTP an efficient way to help optimize serotonin levels. Tryptophan itself must compete against other, more prevalent amino acids for the same transport molecule needed to cross the blood–brain barrier, and has an unfortunate history of contamination issues. By contrast, 5-HTP freely crosses the blood–brain barrier, has been in clinical use since the 1960s and is considered an extremely safe way to increase serotonin.

In addition to enhancing serotonin levels, 5-HTP can help boost levels of endorphins and other compounds shown to help improve healthy mood and a healthy sleep/wake cycle. These include the sleep hormone melatonin, which is synthesized directly from serotonin. Low serotonin levels have been associated with numerous physical and mental health conditions including: low mood, anxiousness, appetite and satiety dysregulation, increased sugar and carbohydrate cravings, obesity, sleep disturbances, and pain disorders such as visceral hypersensitivity, headache and chronic, widespread musculoskeletal pain.

The ability of 5-HTP to convert directly to serotonin makes it a first line supplement to consider in the treatment of behavioral and mood disorders distinguished by low serotonin levels. In a 2013 randomized, double-blind study following 70 patients over a period of eight weeks, 5-HTP was found to be therapeutically efficacious and rapid-acting, with benefits to mood reported within

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the first two weeks of treatment. A double-blind, placebo controlled trial in young people with sleep problems and recurrent headaches found that treatment with L-5-hydroxytryptophan helped to improve both conditions, notably issues of frequent waking and other parasomnias (abnormalities of the nervous system during sleep).

In addition to sleep and mood, serotonin plays an important role in controlling hunger, appetite and satiety, both during and after meals. Clinical studies on adults with obesity suggest that supplementation with 5-HTP may help to decrease caloric intake both in subjects following restricted dietary regimes, and in those eating an unrestricted diet. 5-HTP has been found to help lessen carbohydrate cravings, enable prompt and volume-appropriate satiety, and support significant weight loss while being extremely well tolerated as a supplement.

Although serotonin is most popularly known as a brain neurotransmitter, the majority of serotonin in the human body is found outside the brain in the mucosa and neurons of the gut wall. Serotonin influences several mechanisms within the GI tract, notably visceral sensitivity, gastric acid secretion and intestinal motility. Changes in serotonin metabolism have been associated with the pathogenesis of irritable digestion. An emerging role for 5-HTP is in helping to regulate GI transit time and motility patterns, namely colonic peristalsis and the migrating motor complex (MMC) of the small intestine. Serotonin administration has been shown to increase MMC frequency and velocity, suggesting a role for the use of 5-HTP in people with issues of altered gut motility. 5-HTP also has been shown to help reinforce intestinal barrier function in healthy subjects.

5-HTP Select® is rigorously tested for purity and potency. It should not be used in conjunction with antidepressant medications that alter serotonin signaling (SSRIs, MAO inhibitors), nor by women who are pregnant or lactating. At higher doses, 5-HTP may cause GI upset in sensitive individuals. 5-HTP is non-habit forming and may be best absorbed when taken on an empty stomach. Take one capsule a few hours before bedtime for sleep support. For appetite control, take in the morning or 30 minutes before meals.

REFERENCES

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