

PRO

5-HTP 100

Supports positive mood

- Mood
- Fibromyalgia
- Insomnia
- Migraine headache
- Weight management



 Vegan  Non-GMO  Gluten Free

PRODUCT DESCRIPTION

Pro 5-HTP 100 is L-5-hydroxytryptophan, a metabolite of the amino acid tryptophan, derived from Griffonia simplicifolia seed extract. 5-HTP is an essential precursor of the neurotransmitter serotonin and therefore is primarily used to support mood. Serotonin is also a precursor to melatonin, which can enhance sleep quality and regulate the circadian cycle. Additionally, research supports a role for 5-HTP in reducing migraines and the symptoms of fibromyalgia.

While supplemental serotonin cannot cross the blood-brain barrier (BBB), naturally derived 5-HTP is well absorbed orally (70%) and penetrates the BBB, where it is converted into serotonin.

AOR ADVANTAGE

Pro 5-HTP 100 is an essential precursor of the neurotransmitter serotonin, used to support mood and enhance sleep quality.

NPN: 80004873

90 capsules

AOR 34029

Serving Size:

One capsule

Medicinal Ingredients:

L-5-hydroxytryptophan (griffonia seed extract)

100 mg

Non-medicinal Ingredients:

Microcrystalline cellulose, sodium stearyl fumarate.

Capsule: hypromellose.

Adult Dosage:

Take one capsule three times daily with food, or as directed by a qualified health care practitioner. To minimize gastrointestinal side effect risk, slowly increase dose over a two week period. Use for a minimum of one week to see beneficial effects for mood balance and two weeks for the alleviation of fibromyalgia symptoms. Consult a health care practitioner if symptoms persist or worsen or for use beyond one year.

Cautions:

Do not use if you have scleroderma, if you are pregnant, breastfeeding, or trying to conceive. Not to be used by individuals under the age of 18 or those with a medical condition. Consult a health care practitioner if symptoms persist or worsen or for use beyond one year. Consult a health care practitioner prior to use if taking carbidopa or drugs/supplements with serotonergic activity, including, but not limited to, L-tryptophan, SAMe, St. John's Wort, antidepressants, pain killers, cough/cold medication containing dextromethorphan, anti-nausea medication or anti-migraine medication. Some people may experience gastrointestinal disturbances such as diarrhea, nausea, vomiting and abdominal pain. May cause drowsiness; exercise caution if driving or operating heavy machinery or engaging in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you experience skin changes, weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain.

Complementary Products:

Pro Sleep, Pro Adapt, Pro Magnesium Plus