

# 5-HTP 100mg

Natural extract from Griffonia Seeds

## Presentation

**A white round tablet.**

**Each tablet delivers:**

L-5-Hydroxytryptophan 100mg  
(natural extract from the seeds  
of *Griffonia simplicifolia*)  
8000mg whole herb equivalent

**Tableted with:**

DiCalcium Phosphate, Calcium Carbonate, Cellulose, Anti-caking Agents  
(Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating  
(Hydroxypropyl Methylcellulose, Glycerin).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
60

**type**  
tablets

**code**  
8518



## Uses

5-HTP, short for 5-hydroxytryptophan, is a derivative of tryptophan, an amino acid that is present in high protein foods such as meat and dairy products. The body makes its own 5-HTP from tryptophan, and in the brain the 5-HTP is converted into the neurotransmitter serotonin, which influences everything from appetite, to mood, to sleep.

The 5-HTP provided by this product is extracted from a natural source, the seeds of an African plant called *Griffonia simplicifolia*. The extract from this plant is now one of the most extensively used supplements worldwide and is particularly popular in the USA.

As with all Lamberts® herbal extracts, care is taken to ensure the material used meets strict guidelines on contaminants. The daily intake recommendations for this product reflect the levels of 5-HTP used in most of the clinical studies.

### Usage and administration

Take up to 3 tablets daily, half an hour before meals or half an hour before bedtime. Start on one tablet and increase if necessary. 5-HTP is best taken for periods of up to 3 months.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. Mild drowsiness may occur in some people. It is advisable not to drive or operate machinery until you determine how 5-HTP affects you. Consult your Doctor if you are taking antidepressants.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

