

5-HTP / Griffonia + Complex - Product number B083 - 100 Vecaps

Description

5-Hydroxytryptophan (5-HTP) is an aromatic amino acid that can be synthesized from the essential amino acid tryptophan in the human body. The 5-HTP in this BioVitaal product comes from the seeds of the African plant Griffonia simplicifolia. 5-HTP is the direct precursor to the neurotransmitter serotonin. Serotonin can be converted into the hormone melatonin. Unlike tryptophan, 5-HTP is not converted into kynurenines in our neurons or indoles by the gut flora.

The Saffron extract works synergistically with 5-HTP. The precursor of dopamine L-tyrosine has also been added to this formula. Furthermore, the main co-factors of the metabolism of serotonin and dopamine are present.

Ingredients and % Reference Intake per capsule:

5-Hydroxytryptophan (5-HTP) 100 mg (from Griffonia simplicifolia extract 30%, 333 mg)

Saffron extract (3% saffranal) 15 mg

L-Tyrosine (amino acid) 100 mg

Vitamin C (ascorbate) 120 mg 150%

Zinc (ascorbate) 3 mg 30%

Magnesium (biglycinate, ascorbate) 30 mg 8%

P-5-P (coenzyme vit. B6) 2.2 mg 100%

5-Methyltetrahydrofolate (coenzyme folic acid) 100 mcg 50%

Methylcobalamin (Coenzyme B12) 50 mcg 2000%

Hydroxycobalamin (vit. B12) 50 mcg 2000%

Filler: microcrystalline cellulose. **Anti-caking agents:** vegetable magnesium stearate, silicon dioxide. Capsule shell: hydroxymethyl cellulose (HPMC).

Usage and warnings:

Adults take 1 capsule 1 to 2 times a day, separated from meals or before bedtime. Do not exceed recommended dosage. Do not use during pregnancy and lactation and when using drugs that affect brain metabolism, such as anti-depressants and tranquilizers. Due to the vitamin B6 content, this dietary supplement is not suitable for children under one year. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a varied diet.