

NEW

## 5-HTP PLUS with Magnesium & Vitamin B6

P187



VEGAN

VEGETARIAN

5-Hydroxytryptophan (5-HTP) is an amino acid and the precursor to serotonin, the important brain chemical known as the "happy hormone". This supplement also contains Magnesium and Vitamin B6, which are necessary for the conversion of 5-HTP to serotonin.

- 5-HTP is the safe precursor to serotonin and this supplement contains 5-HTP in a natural and bio-effective form from the seeds of the shrub *Griffonia simplicifolia*.
- We include vitamin B6 as P-5-P (pyridoxal-5-phosphate) as this is the universally effective active form of B6.
- Magnesium is included in citrate form, which is readily absorbed into the bloodstream.
- Magnesium is involved in many essential metabolic processes, including the release of energy from glucose and normal nerve function.

### Product Information:

60 capsules = 30-60 days supply

### Permitted Health Claims:

Vitamin B6 contributes to normal:

- Cysteine synthesis, energy-yielding metabolism, functioning of the nervous system, homocysteine metabolism, protein and glycogen metabolism, psychological function, red blood cell formation, immune system function

Vitamin B6 contributes to the reduction of tiredness and fatigue

Vitamin B6 contributes to the regulation of hormonal activity

**5-HTP Plus**

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Vitamin B6 (as pyridoxal-5-phosphate)	5mg	357
Magnesium	50mg	13
(5-HTP)	50mg	*

+NRV = Nutrient Reference Value

\* Indicates no NRV

**Ingredients:** Magnesium citrate providing magnesium, Griffonia seed 99% extract providing 5-HTP, vitamin B6 (as pyridoxal-5-phosphate), microcrystalline cellulose, ascorbyl palmitate, hydroxypropyl methylcellulose (capsule shell).

**Suggested Intake:** 1-2 capsules daily at bedtime with a carbohydrate snack or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** This product is not suitable for pregnant or lactating women. Do not take alongside SSRI anti-depressant medication.

**Storage:** Keep cool, dry & out of direct sunlight.

**Suitable for:**

Men and women

**Form:**

Capsule

