

5-Hydroxytryptophan 100



5-Hydroxytryptophan - Obtained from the plant *Griffonia simplicifolia*

The African black bean *Griffonia simplicifolia* is naturally rich in 5-hydroxytryptophan (5-HTP). In the body, 5-HTP is formed from the essential amino acid L-tryptophan, which must be supplied in sufficient quantities through food. 5-HTP is also an amino acid which is a direct precursor of the messenger substance serotonin. Serotonin also has the nickname "happiness hormone", since this messenger substance is decisively involved in the regulation of well-being. Serotonin is also associated with the "sleep hormone" melatonin, which has an important influence on the regulation of sleep patterns. Biogena 5-Hydroxytryptophan 100 contains the important amino acid 5-HTP from *Griffonia simplicifolia* as a supplementary contribution to the body's own serotonin formation.

5-Hydroxytryptophan 100

- With the amino acid 5-HTP from natural *Griffonia simplicifolia* extract

Possible applications

- For the targeted supply of 5-hydroxy-tryptophane, a direct precursor of the messenger serotonin


Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Griffonia simplicifolia extract	333 mg	-
<i>containing: 5-hydroxytryptophan</i>	100 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

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INGREDIENTS

Griffonia simplicifolia extract (containing 5-hydroxytryptophan), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Do not use if you are taking antidepressants at the same time! Due to insufficient studies, Griffonia should not be consumed during pregnancy or lactation.

Only suitable for adults.

PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 25 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 03.05.2019.



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