

Griffonex™ 5-HTP

Therapeutic Actions

1. Depression, insomnia, headaches including migraines, fibromyalgia, PMS, bulimia
2. Use as an adjunct for weight loss especially to reduce carbohydrate cravings
3. Experimentally used for narcolepsy, seizure disorders

Administration

Internal: Take between meals 1 to 3 capsules, one to three times per day, between meals or 45 minutes before bed. If nausea occurs reduce dosage and/or take with meals.

Contraindications: Not recommended with other antidepressants especially MAO inhibitors; especially Selegiline, an anti-Parkinson's drug; pregnancy; young children.

90 capsules, 50mg, 90 day supply

Ingredients

50mg L-5HTP (5-hydroxytryptophan) extracted from Griffonia seeds

Formula Rationale

Griffonex™ 5-HTP is a safe way to boost serotonin levels. Serotonin is a neurotransmitter useful for proper brain function. It also increases melatonin and endorphin levels. Serotonin deficiency has been implicated in anxiety, depression, food cravings, insomnia, headaches, muscle and joint pain, exhaustion, panic disorders, bulimia, PMS, and hyperactivity. Clinical studies in Europe and Japan have exhibited equal results to pharmaceutical antidepressants. For best results it should be combined with exercise, stress reduction strategies, and counseling.

In clinical studies, 5HTP has been used in dosages up to 300mg TID, to reduce carbohydrate cravings. Subjects taking it twenty minutes before meals curbed their intake of calories (1100) despite being able to eat as they normally would. Therefore 5HTP helped to improve satiety. In another study where subjects were reducing their calories (1200 calories diet) lost almost one lb. per week; the placebo group lost 2 pounds in 12 weeks.

According to research conducted at Stanford University, 5HTP significantly increased REM sleep. This may be particularly relevant to seniors, chronic pain patients, and those withdrawing from drugs and alcohol, all implicated in poor REM sleep. Double blind studies have demonstrated an improvement in muscle pain and sleep disturbance in fibromyalgia patients.

At the University of Milan, 77.4 percent to 93.5 percent of people with chronic headaches improved with the administration of 5HTP for two months or longer. Other headache triggers are food intolerance, alcohol especially red wine, chemicals, pharmaceutical and recreational drugs, stress, hormonal changes, eyestrain, fatigue, muscle tension, and weather changes.