

Title:

5-HTP - Nature's Anti-Depressant

Word Count:

571

Summary:

5-HTP is the precursor to serotonin. It improves mood, anxiety and is beneficial in weight loss

Keywords:

5htp, griffonia extract, 5-hydroxytryptophan, anti-depressant, 5-htp

Article Body:

What is 5-HTP?

The Griffonia Extract is rich in 5-HydroxyTryptophan (5-HTP), which comes from an African vegetable

5-HTP and Serotonin

5-HTP is the precursor to serotonin. It improves mood, anxiety and is beneficial in weight loss

5-HTP and Carb Cravings

Researchers believe that inadequate serotonin levels are in part responsible for the desire to eat

5-HTP and Addiction

The use of many addictive substances, such as tobacco, alcohol, caffeine and certain narcotics

5-HTP and PMS

PMS sufferers report pain relief, as well as decreased irritability and mood swings from using

5-HTP and Sleep

Because of its calming effect, many rely on 5-HTP to alleviate stress-attacks, as well as to ease

Side Effects

Very high intakes of 5-HTP have caused muscle jerks in guinea pigs and both muscle jerks and dizziness

Warnings

5-HTP should not be taken with antidepressants, weight-control drugs, other serotonin-modifying

Conditions with low serotonin levels helped by 5-HTP:

- Depression
- Obesity
- Carbohydrate craving
- Bulimia
- Insomnia
- Narcolepsy
- Sleep apnea
- Migraine headaches
- Tension headaches
- Chronic daily headaches
- Premenstrual syndrome
- Fibromyalgia

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