



# Health Matters

by  
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Scientific evidence has determined that inadequate levels of serotonin, called the “feel good” brain chemical, is linked to common conditions such as weight gain, mild depression, fibromyalgia and foggy-headedness. Women more often than men are known to have associated symptoms such as mood swings, food cravings and poor quality sleep.

An amino acid, **5-HTP** (5-Hydroxytryptophan), occurs naturally in the seed of a plant indigenous to Africa called “*Griffonia simplicifolia*”. There’s extensive scientific evidence that indicates this simple amino acid acts as a direct precursor to serotonin, which can help facilitate the regulation of mood, appetite and sleep quality.

Several double-blind studies have shown **5-HTP** to produce very good results, especially in those unresponsive to standard SSRI anti-depressant medications.

**5-HTP** offers quicker, safer, more calming relief without unwanted side effects.

As always, we guarantee your satisfaction.

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