

# 5-HTP Supreme™

100 MG OF 5-HTP AND P5P  
60 VEGETARIAN CAPSULES | NPN80045818 | HTU060-CN



NEUROLOGICAL HEALTH



**5-HTP Supreme™** provides a synergistic combination of 5-hydroxytryptophan (5-HTP) and vitamin B6 as pyridoxal 5-phosphate (P5P) to promote healthy mood balance and a normal response to stress.

5-HTP is a precursor molecule to the neurotransmitters of serotonin and melatonin, which may support their synthesis in the body. Serotonin is essential for brain functioning and mood health. It carries messages between nerve cells and to peripheral organs throughout the body. Serotonin is part of the gut-brain axis, and it is critical for gastrointestinal health and motility. It also helps support sleep quality.

P5P is a bioactive form of vitamin B6, a water-soluble vitamin found in certain fruits, fish, organ meats, and fortified foods. It is an essential cofactor for the production and conversion of serotonin. Research indicates that P5P may support mood health and a normal response to stress. It may also help support the synthesis of certain neurotransmitters to help support cognitive function and brain health.

5-HTP Supreme™ provides 100 mg of 5-HTP and 20 mg of P5P to support a normal response to stress, mood health, neurotransmitter balance, and optimal brain function.

## Benefits

- Promotes healthy mood balance
- Promotes a normal response to stress
- Supports healthy neurotransmitter metabolism
- Supports brain function
- Helps support sleep quality and duration

## Recommended Dose

Adults: Take 1 capsule three times per day, or as directed by your health care practitioner. To minimize the risk of gastrointestinal side effects, start dosing at 50-100 mg, 2-3 times per day and slowly increase to effective dose over 2 week period. Take with food. For symptoms of fibromyalgia, use for a minimum of 2 weeks to see beneficial effects. Consult a health care practitioner for use beyond one year.

## Highlights

- Synergistic combination of 100 mg of 5-HTP and 20 mg of vitamin B6 (P5P) to support mood balance
- Helps to relieve symptoms of fibromyalgia
- Helps to reduce the severity and duration of migraine headaches when taken as a prophylactic
- 5-hydroxytryptophan (5-HTP) is a precursor to the neurotransmitters serotonin and melatonin
- Gluten-free, dairy-free, and soy-free
- Non-GMO

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Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.  
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