**5 HTP 200mg Tablets / Stress & Anxiety Relief (180 Tablets / 6 Month Supply) 100% Pure Certified Vegan Griffonia Seed Extract**

* BioPharm-X 5HTP provides an unparalleled 200mg of 5-HTP per tablet – strongest available
* Manufactured within an FDA and MHRA approved facility for your highest level of safety
* 5-HTP is an essential building block and precursor in the biosynthesis (production) of serotonin; often referred to as the ‘happy hormone’
* Maintaining high levels of 5-HTP is a proven way to naturally alleviate anxious thoughts and promote feelings of well-being
* All benefits have been approved by the European Food Safety Authority (EFSA)

**Premium Grade 5-HTP - 180 Tablets (Maximum Strength 200mg per Tablet)**

5-Hydroxytryptophan—commonly known as 5-HTP is an essential building block and precursor in the biosynthesis (production) of serotonin; an important neurotransmitter in the brain that is often referred to as the ‘happy hormone’. Serotonin levels in the nervous system are essential for so many aspects of our daily lives and is a key neurotransmitter in regulating mood, sleep-wake cycles, appetite and memory!

The blood – brain barrier prevents serotonin from being ‘imported’ from outside the brain, all serotonin used by our brain cells must be made within the neurons. While its precursor 5-HTP can cross the blood-brain barrier with great ease and is converted directly into serotonin in the brain.

5HTP is an essential precursor to serotonin and of the approximately 40 million brain cells; most are influenced either directly or indirectly by serotonin. Maintaining and increasing serotonin levels can benefit aspects of our everyday lives!

BioPharm-X offers a quality promise to all customers. This is to provide you with total peace of mind when purchasing any of their products. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency, from scientific research to manufacturing. BioPharm-X manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of all relevant laws and regulations.

* Suitable for Vegans
* Suitable for Vegetarians
* GMO Free
* Maximum Strength Formulation
* Premium Grade Ingredients

**5-HTP: Mental Health & Well-Being**

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| **5htp** | **5htp** | **5htp** |
| **Relieves Anxiety, Stress and Low Mood** Since low serotonin levels are the root cause of anxiety disorders and low mood, increasing serotonin can provide relief. Also, one of the most defining aliments of having an anxiety disorder is the disruption of daily life by overt stress. 5-HTP has been proven to successfully reduce the symptoms of anxiety disorders and reduce the associated daily stress. The natural medicines database has rated 5-HTP as a natural and effective way to improve symptoms of low mood and other mood disorders such as anxiety and stress  | **Contributes to Well-Being and Happiness** Serotonin is an important neurotransmitter in the brain that is often referred to as the 'happy hormone'. With 5-HTP being an essential precursor in the production of serotonin, increasing and maintaining high levels of 5-HTP is a proven way to naturally alleviate anxious thoughts and promote feelings of well-being and happiness. Each BioPharm-X capsule contains a daily dose of 200mg of 5-HTP per day!  | **Regulates Sleep-Wake Cycles** While 5-HTP is primarily responsible for the production of serotonin, healthy serotonin levels are responsible for the synthesis of melatonin and to maintain healthy melatonin levels. Melatonin is a hormone naturally found within the body, its main role is to regulate sleep-wake cycles. Studies have shown that a daily dose of 5HTP can decrease the symptoms of restless sleep, enable you to get to sleep faster and lead to a restful night’s sleep.  |

**5-HTP Clinically Researched**



The cause of low mood is still not completely understood, but since serotonin is a key factor in mood balance, naturally increasing serotonin levels is a proven way to alleviate symptoms! In one study, 200mg of 5-HTP per day improved symptoms of low mood as effectively as SSRI's (anti depressant medication)!

**How Does It Work?**

Serotonin (5HT) is one of three main ‘monoamine’ neurotransmitters and is made from l-tryptophan à 5-HTP. When neurons convert tryptophan into serotonin, they must first used a vitamin B3 dependant enzyme to convert l-tryptophan into 5-HTP. A vitamin B6 dependent enzyme then converts 5-HTP into serotonin.

**BioPharm-X: Superior Standards in Nutritional Supplements**

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| **natural anti depressant** | **5htp** | **5htp** |
| **Maximum Strength** BioPharm-X has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements. Each capsule has been formulated to safely provide significantly more then the minimum NRV levels for maximum effect.  | **Quality Promise** Every bottle is manufactured in the UK in a fully licensed facility, using only premium graded ingredients. Rest assured that we would never consider manufacturing an item that did not fully meet these requirements.  | **Directions for Use** Adults: As a supplement begin by taking 1 tablet in the morning on an empty stomach with at least 8fl oz of water. Do not exceed stated dose in a 24-hour period. Use only as directed.  |