

## Ultra 5-HTP Formula

### DESCRIPTION

Ultra 5-HTP Formula capsules, provided by Douglas Laboratories, contain a synergistic combination of 5-HTP, vitamins, minerals and other nutrients designed to support mood and a sense of well-being.

### FUNCTIONS

Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. This is achieved in part by decreasing the activity of certain excitatory hormones, including dopamine and noradrenaline. Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns.

As a metabolic intermediate in the conversion of tryptophan into serotonin, 5-HTP can also serve as a precursor of serotonin. 5-HTP offers a number of advantages over tryptophan. 5-HTP is derived naturally from the seeds of the Griffonia plant, unlike tryptophan which is produced synthetically or through bacterial fermentation. 5-HTP crosses into the brain more readily than tryptophan as it is able to cross the blood-brain barrier without competition for uptake. 5-HTP is significantly more effective than tryptophan; one 50 mg capsule of 5-HTP is roughly equivalent to 500 mg of tryptophan. Finally, research studies have shown 5-HTP to be safe at levels as high as 900 mg. As a result, 5-HTP is a safe and effective means of increasing brain serotonin levels.

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

Herbs such as St. John's wort and Ginkgo biloba are widely recognized for their positive, supportive effects on mental and emotional function. Minerals such as magnesium, chromium and zinc play a wide variety of essential roles in the body and support optimum functioning of all the body's processes. Other nutrients such as L-Tyrosine, L-Glutamine and octacosanol are also included for their positive effects on mental and neurological well-being.

### INDICATIONS

Ultra 5-HTP Formula may be a useful nutritional supplement for individuals wishing support healthy mental function and increase their levels of brain serotonin.

## Ultra 5-HTP Formula

### FORMULA (#85081)

Two vegetarian capsules contain:

Vitamin A .....	1,000I.U.
Vitamin C .....	100mg
Vitamin E .....	30I.U.
Thiamine.....	5mg
Riboflavin.....	5mg
Niacinamide.....	50mg
Folic Acid.....	800mcg
Vitamin B-12.....	1,000mcg
Pantothenic Acid .....	5mg
Magnesium .....	50mg
(from Magnesium Aspartate complex)	
Zinc.....	10mg
(from Zinc picolinate complex)	
Chromium GTF.....	100mcg
(Chromium Polynicotinate)	
5-HTP .....	125mg
L-Tyrosine .....	100mg
L-Glutamine .....	100mg
Octacosanol .....	1,500mcg
St. John's Wort(standardized).....	30mg
Ginkgo biloba(standardized) .....	15mg
Inositol .....	25mg
Pyridoxal-5-Phosphate .....	20mg

### SUGGESTED USE

Adults take 2 vegetarian capsules daily with meals or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Ultra 5-HTP Formula visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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