

5-HTP Synergy™

50 mg 5-HTP and P5P



STRESS/MOOD*



5-HTP is a precursor molecule to the neurotransmitter serotonin and the hormone melatonin, potentially promoting their synthesis in the body.* Serotonin is essential for brain functioning and mood health. It carries messages between nerve cells and surrounding organs throughout the body. It has a crucial role in the gut-brain axis, helping to support gastrointestinal health and gut motility.* It also helps promote sleep quality.* Since serotonin cannot cross the blood-brain barrier, precursors like 5-HTP may help to promote a healthy neurotransmitter balance.*

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 nutrient for the

production and conversion of serotonin. Research indicates that P5P may help support mood health and normal stress responses.* It may also help support the synthesis of certain neurotransmitters to help promote cognitive function and brain health.*

5-HTP Synergy™ provides 50 mg of 5-HTP and 10 mg of P5P to support normal stress responses, mood health, healthy neurotransmitter and hormonal balance, and optimal brain function.*

Benefits*

- Supports mood health
- Promotes normal stress responses
- Supports a healthy neurotransmitter and hormonal balance
- Promotes optimal brain function
- Helps support sleep quality and duration

Highlights

- Synergistic combination of 50 mg of 5-HTP and 10 mg of vitamin B6 (P5P) to support mood health*
- 5-HTP: a precursor to the neurotransmitter serotonin and the hormone melatonin
- Gluten-free, dairy-free, soy-free
- Non-GMO

Recommended Use

Take 1 capsule per day or as directed by your healthcare practitioner.

Warning: Not recommended for use by pregnant or lactating women, or by those taking SSRI or MAOI medications.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

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

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*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.