5-HTP for Improved Sleep, Mood and Weight Loss

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5-hydroxy-L-tryptophan (5-HTP) is derived from the amino acid tryptophan. The molecules of 5-HTP are small enough to pass from the bloodstream into the brain. In the brain, 5-HTP is converted to serotonin, an important neurotransmitter. Supplemental 5-HTP is extracted from the seeds of *Griffonia simplicifolia*, an African plant.

Vitamin B6 is an important cofactor for the conversion of 5-HTP to serotonin; however, this conversion must occur at the junction of neurotransmitters because after this conversion is complete, serotonin cannot cross the blood brain barrier (BBB) and thus must be eliminated by the kidneys.

There are many scientific citations that document the relationship between 5-HTP and improved sleep and mood, and its positive effect on weight loss. Some of those papers are cited below:

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