



Women's Health Library

Overcoming Depression, Obesity, and Insomnia with 5-HTP



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Additional Recommended
Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be
purchased on [Our Store](#):

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Millions of American's particularly women during their reproductive and menopausal years suffer from bouts of sadness, sleeplessness, sugar cravings and many other symptoms of *serotonin deficiency*.

Research suggests that a stressful lifestyle and poor dietary habits are among the most common causes of this epidemic. Depression, anxiety, children's nightmares, obesity, insomnia, chronic headaches, Fibromyalgia, and PMS are just a few of the more common conditions associated with low serotonin levels in the brain.

Fortunately, the amino acid 5-Hydroxytryptophan (5-HTP), when added to the diet can alleviate the symptoms of serotonin deficiency. Other dietary sources of 5-HTP are turkey and cheese. That's why you feel relaxed and sleepy after Thanksgiving dinner.

Overwhelming evidence suggests that 5-HTP can produce *greater effects* and is *safer* than L-Tryptophan for increasing serotonin levels, Redux and other similar drugs for weight loss, Melatonin for insomnia, and is equal to or better than standard antidepressant drugs.

Clinical studies conducted at the University of Rome reported impressive results in trials of 5-HTP's effectiveness on weight loss. Women who took 5-HTP experienced significant weight loss due to the satiety (the feeling of fullness) promoting effect of 5-HTP leading to fewer calories being consumed even though they made no conscious effort to lose weight.

Side effects of 5-HTP are usually very mild and may include but are not limited to nausea, heartburn, and gastrointestinal problems (flatulence, feelings of fullness, and rumbling sensations).

There is no official dosage; however the most common dosage recommendation is 50 mg to 100 mg one to three times per day. Dosages should be administered 20 minutes prior to meals for weight loss and 30 minutes prior to bed time for insomnia or nightmares. No known cases of overdose with nausea and/or vomiting have been reported.

Excess 5-HTP is thought to be metabolized and excreted from the body before reaching the brain. Caution should be used when considering 5-HTP supplementation in combination with other serotonin affecting drugs (anti-depressants, MAO Inhibitors, drugs for Parkinson's Disease, insomnia, etc). If you have concerns regarding 5-HTP and your current medications, consult with your medical professional.