



5-HTP Supreme™

100 mg of 5-HTP and P5P



STRESS/MOOD*



5-HTP Supreme™ provides a synergistic combination of 5-hydroxytryptophan (5-HTP) and vitamin B6 as pyridoxal 5-phosphate (P5P) to support mood health and a normal response to stress.*

5-HTP is a precursor molecule to the neurotransmitters of serotonin and melatonin, which may support their synthesis in the body.* Serotonin is essential for brain functioning and mood health. It carries messages between nerve cells and to peripheral organs throughout the body. Serotonin is part of the gut-brain axis, and it is critical for gastrointestinal health and motility.* It also helps support sleep quality.*

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

5-HTP Supreme™ provides 100 mg of 5-HTP and 20 mg of P5P to support a normal response to stress, mood health, neurotransmitter balance, and optimal brain function.*

Benefits*

- Supports mood health
- Promotes a normal response to stress
- Supports healthy neurotransmitter metabolism
- Supports brain function
- Helps support sleep quality and duration

Highlights

- Synergistic combination of 100 mg of 5-HTP and 20 mg of vitamin B6 (P5P) to support mood health*
- 5-hydroxytryptophan (5-HTP) is a precursor to the neurotransmitters serotonin and melatonin
- Gluten-free, dairy-free, and soy-free
- Non-GMO

Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

Warning: Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (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.

Designs for Health and logo are trademarks of Designs for Health, Inc. © 2023 Designs for Health, Inc. All rights reserved

*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.

ZPTED HTU 1/23