

HTP Power

NPN 80025411, 60 capsules, Dietary Herbal Supplement, Stock No. 3029-2

HTP stands for hydroxytryptophan, a new supplement described as the natural alternative to Prozac.

Almost all of us feel low sometimes, usually because of a disturbing event in our lives.

Depression in some form affects 25 percent of all women, 10 percent of all men, and five percent of all adolescents worldwide. It is the most common psychological problem in North America, affecting more than 18 million people each year.

Did you know?

Serotonin is the brain's "feel-good" hormone, involved in regulating mood, appetite and sleep. Serotonin is a precursor to melatonin, the hormone that regulates sleep-wake cycles. Drugs such as Prozac prevent the brain cells from using up serotonin too quickly, thereby causing a deficiency. HTP works a bit differently: it increases the brain cell's production of serotonin, which boosts serotonin levels (Earl Mindell's *Supplement Bible*, page 71).

NSP Advantage

60 capsules. Dietary herbal supplement.

Nature's Sunshine's advantage over the competition is the addition of vitamin B6 and zinc.

Ingredients: Siberian ginseng (*Eleutherococcus senticosus*) root, ashwagandha (*Withania somnifera*) root, L-5-hydroxytryptophan, zinc gluconate, pyridoxine hydrochloride (vitamin B6). Non-medicinal ingredients: gelatin, cellulose, magnesium stearate (vegetable source).

Recommendation: Take four capsules daily with a meal, approximately 45 minutes before bedtime. Take a few hours before or after taking other medications. Consult a health care practitioner for use beyond one month. Used as a sleep aid. Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid during convalescence.

Risk Information: Consult a health care practitioner (HCP) if symptoms persist or worsen, or if chronic insomnia persists for more than 3 weeks. Consult a HCP prior to use if you are pregnant or breastfeeding, have an acute infection, or are taking products with serotonergic activity or sedative properties (e.g. St. John's wort, alcohol). Discontinue use and consult a HCP if you show signs of weakness, oral ulcers, abdominal pain, severe muscle pain or if you experience skin changes. Do not use if you have high blood pressure or if you have scleroderma. Some people may experience diarrhea, nausea, vomiting, abdominal pain, or drowsiness. Exercise caution in activities regarding mental alertness.

Features & Benefits

- Promotes the production of serotonin and may help combat depression and insomnia
- Helps to stabilize mood.
- Contains adaptogenic herbs that help to cope with stress.
- Some research has shown that HTP can suppress appetite for people who need to lose weight.
- Vitamin B6 and zinc strengthen the bioavailability of HTP.
- Traditional uses of the adaptogenic herbs Siberian ginseng and ashwaganda indicate they support the body during times of change (stress), support the immune system, and speed the body's recuperative processes.