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5-HTP - for inner mobility: natural help for depression, insomnia and obesity

Serotonin is an active ingredient in the brain that regulates mood, appetite and sleep. It is one of the so-called neurotransmitters – substances that send vital signals between nerve cells.

A lack of serotonin has dramatic effects on mood and leads to depression, but also to obesity and muscle pain (fibromyalgia).

5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and serotonin.

Low serotonin levels are a common consequence of modern lifestyles.

As a result, many people are overweight, suffer from cravings for sugar and other carbohydrates, struggle with depression at times and often suffer from head-



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aches or indefinite muscle pain and soreness.

All these symptoms can be offset by an increase in serotonin levels.

5-HTP used to be used regularly for depression and has unfortunately been forgotten with the invention of modern psychotropic drugs (SSRIs).

Numerous studies have shown that 5-HTP is more effective than SSRIs for

mild and moderate depression and can be combined very well with St. John's wort extracts.

If you are trying 5-HTP and want to continue taking SSRIs, you should discuss this with your psychiatrist.

But isn't a natural alternative more appealing to you?

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