

Neuro-5-HTP Forte™

Neuro-5-HTP Forte™ is a proprietary blend of nutrients formulated to support a positive neurological response, including calm brain activity and an overall sense of well-being. Its unique combination of amino acids, vitamins and mineral co-factors supports both the production of serotonin and GABA, acts as a natural relaxation agent, and helps with improvement in mood, reduction of cravings, better quality of sleep and a general feeling of calm.

Neuro-5-HTP Forte™ includes the following ingredients: Taurine, L-Theanine, 5-HTP, Vitamin C, Vitamin B6, Folate, Vitamin B12, Magnesium, Zinc and Selenium, along with superoxide dismutase and catalase, important antioxidant enzymes.

Taurine

Taurine, an amino acid, helps regulate water and mineral levels in the blood. A natural substance found in animal meat, fish and milk products, taurine may stimulate GABA activity by activating GABA receptors. In one study, the relationship between GABA and taurine concentrations suggests that the presence of taurine helps activate GABA ρ 1 receptors.⁽¹⁾ In addition, taurine has been found to produce an anxiolytic effect (an intervention that inhibits anxiety) and may act as a modulator or anti-anxiety agent in the central nervous system by activating the glycine receptor.^(2,3,4)

L-Theanine

L-theanine is an amino acid recognized for promoting relaxation and supporting the overall nervous system. It offers support of calming neurotransmitter production, and is associated with an improvement

in sleep quality and the stress response.⁽⁵⁾ Tea, a popular beverage throughout the world due to its warming and relaxing effects, contains L-theanine. Although the bioactive compounds most known in tea are catechins and caffeine, L-theanine is now recognized as the component that contributes to tea's positive effects, including relaxation, cognitive performance, emotional status, and sleep quality, along with immune, cardiovascular and metabolic support.⁽⁶⁾



L-theanine (γ -glutamylethylamide) has anxiolytic effects via the induction of alpha brain waves without addictive and other side effects. It was found to cross the blood brain barrier and enhance alpha wave production in the occipital and parietal regions of the brain.⁽⁷⁾ In one study, 200 mg of L-theanine before bed was found to support sleep quality not by sedation but through anxiolysis, promoting relaxation without drowsiness.⁽⁸⁾

In another study, anxiety-trait scores decreased after administration of L-theanine. In addition to positive effects on anxiety, sleep quality and improved cognitive functions, L-theanine has been shown to have beneficial effects on depressive symptoms.⁽⁹⁾ L-theanine was shown to possess an antidepressant-like effect in mice, which may



(800) 231-5777

6801 Biotics Research Drive • Rosenberg, TX 77471
biotics@bioticsresearch.com • www.bioticsresearch.com

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be mediated by the central monoaminergic neurotransmitter system.⁽¹⁰⁾ Also, in patients where glutamatergic destruction in the brain has been implicated, L-theanine has been found to mollify associated symptoms.⁽¹¹⁾

5-HTP

Serotonin is considered a calming neurotransmitter, and is associated with mood and sleep.⁽¹²⁾ 5-HTP can be used as a serotonin precursor, helping raise levels of endogenous serotonin.

In addition to the production of serotonin, 5-HTP has been positively associated with regulation of sleep. Sleep quality can be controlled by the regulation of GABA(A) receptor and GABA content with the addition of 5-HTP. In other words, 5-HTP works synergistically with GABA by modulating both GABAergic and serotonergic signaling.⁽¹³⁾

Vitamins C, B6, B12, and folate, magnesium, zinc, and selenium serve as vitamin and mineral co-factors, which encourage serotonin and GABA synthesis, control glutamate receptors and support general neurological functions.

References

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Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg	44%
Vitamin B6 (as pyridoxal 5-phosphate)	10 mg	588%
Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	30 mcg	1,250%
Magnesium (as magnesium glycinate)	50 mg	12%
Zinc (as zinc gluconate)	10 mg	91%
Selenium (as vegetable culture)	70 mcg	127%
Superoxide Dismutase (from vegetable culture†)	20 mcg	*
Catalase (from vegetable culture†)	20 mcg	*
Proprietary Blend	1,050 mg	*
Taurine, L-theanine, and 5-hydroxytryptophan (from Griffonia simplicifolia seed extract)		

* Daily Value not established

Other ingredients: Vegetarian capsule shell (modified cellulose), microcrystalline cellulose, medium chain triglycerides and magnesium stearate.

† Specially grown, biologically active vegetable culture containing naturally associated and/or organically bound phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

This product is gluten, dairy and GMO free.

RECOMMENDATION: One (1) to three (3) capsules each day as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION: Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.
Sealed with an imprinted safety seal for your protection.
Product # 6348 Rev. 04/18

To place your order for **Neuro-5-HTP Forte™** or for additional information please contact us below.



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