

Nutrition House, 24 Milber Trading Estate, Newton Abbot, Devon, TQ12 4SG. UK

Telephone: +44 (0) 8704 054 002 • Fax: +44 (0) 8704 054 003 • www.nutri-linkltd.co.uk

Neuro-5-HTP Plus™

Stressful or fast-paced lifestyles, compounded by the grossly inferior Standard British Diet (SBD) have resulted in widespread neurotransmitter imbalances which may often manifest as altered mood, sleep disturbances, carbohydrate cravings or weight gain, focal or diffuse muscle pain, and headaches. Tryptophan assimilated into the body is metabolised to the amino acid 5-Hydroxytryptophan (5-HTP) which is the precursor to the synthesis of 5-hydroxytryptamine, which along with dopamine and norepinephrine, are the three main monoamine neurotransmitters. Commonly referred to as the "feel good" neurotransmitter, it has been established that higher serotonin levels reduce carbohydrate cravings and hunger levels in general. In several weight loss studies it was noted that participants with 5-HTP supplementation were afforded weight loss in excess of one pound per week with almost total elimination of the irritability and excess hunger that can plague dieters. Serotonin levels should be a consideration for those with depression, obesity carbohydrate sensitivity, fibromyalgia, ADHD, migraine headaches & insomnia. **Neuro-5-HTP Plus™** combines 5-HTP along with 10 mg of B6 phosphate, 50 mg of niacinamide and 50 mg of the neurologically active amino acid L-theanine. These additional ingredients are present to facilitate the conversion of 5-HTP to serotonin with L-theanine increasing alpha waves in the brain and impacting serotonin and/or dopamine neurotransmitters related to memory and learning. The most commonly reported side effect experienced with 5-HTP is nausea, and this can be avoided by initially using a lesser amount and slowly working up to the dose required. Additionally, 5-HTP is not recommended for use during pregnancy or lactation, and should be avoided by patients with cardiovascular disease or those taking certain medications including MAO inhibitors, SSRIs and other serotonergic drugs. Once again, Biotics Research Corporation brings you "The Best of Science & Nature".



Research Pertaining to Other Topics of Interest

Controlled Trial of Gluten-Free Diet in Patients with Irritable Bowel Syndrome- Diarrhea (IBS-D) In a recent clinical study, researchers from the Mayo Clinic randomised 45 patients with IBS-D to 4 weeks of gluten-free or gluten-containing diets. All participants tested negative to antibody tests for Coeliac Disease. Research staff measured bowel function daily, small bowel and colonic transit, mucosal permeability and cytokine production. Compared to the gluten-free group, the gluten-containing group exhibited greater mean daily stool frequency, increased small bowel permeability, and abnormal expression of cellular tight junction proteins. The researchers also discovered that gluten-sensitive IBS patients and Coeliac patients have a common genetic predisposition based on HLA haplotype findings. They concluded that gluten alters bowel barrier functions in patients with IBS-D and that a gluten-free diet can reverse the disorder.

Vazquez-Roque MI, et al. A controlled trial of gluten-free diet in patients with irritable bowel syndrome-diarrhea: effects on bowel frequency and intestinal function. *Gastroenterology*. 2013 May; 144(5):903-911.e3. doi: 10.1053/j.gastro.2013.01.049. Epub 2013 Jan 25.