

5-HTP Info Sheet

Indicated For:

Sleep disorders such as insomnia, depression, anxiety, migraine and tension-type headaches, fibromyalgia, obesity, premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), attention deficit-hyperactivity disorder (ADHD), seizure disorder, and Parkinson's disease.

Warnings and Contraindications:

Potential side effects of 5-HTP include heartburn, stomach pain, nausea, vomiting, diarrhea, drowsiness, sexual problems, and muscle problems.

Its use is not recommended during pregnancy or while breast-feeding.

Its use is not recommended for children 12 or under without physician oversight.

5-HTP affects one's serotonin levels. Some drugs administered during surgery can also affect serotonin. Taking 5-HTP before surgery might cause too much serotonin in the brain and can result in serious side effects including heart problems, shivering, and anxiety. One should stop taking 5-HTP at least 2 weeks before surgery.

5-HTP should not be use with other drugs that affect serotonin levels—i.e. anti-depressants (SSRIs, SSNRIs) and/or MAOIs. 5-HTP should not be used with Carbidopa (Lodosyn), Dextromethorphan (e.g. Robitussin DM), Meperidine (Demerol), Pentazocine (Talwin), and/or Tramadol (Ultram), as these drugs also impact serotonin levels.