Integrative Balance Psychotherapy & Wellness Coaching
- 5-HTP Info Sheet -

Note: Always research supplements (including potential risks and contraindications) before use. Always discuss supplements with your physician before use.

What is 5-HTP?
5-HTP is a naturally occurring amino acid. It has been shown to increase one's serotonin levels. Research has shown that low serotonin levels to be correlated with sleep disorders, depression, and anxiety. It is typically consumed in capsule form.

Recommended Dosage:
100-800 mg/day. Breaking up the total dosage, by taking the supplement 3 times per day, can help prevent digestive upset. I recommend titrating up slowly (over 1-4 weeks) in dosage, so as to avoid digestive upset.

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.