

References

Happy Thoughts are Ahead!®

with



Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Alternative Medicine Review: a Journal of Clinical Therapeutics*. August 1998;3(4):271-280

Rene S. Kahn, Herman GM Westenberg. L-5-Hydroxytryptophan in the treatment of anxiety disorders. *Journal of Affective Disorders*. Mar-Apr 1985;8(2):197-200

Lekh Raj Juneja, Djong-Chi Chu et al. L-Theanine - a unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science and Technology*. June 1999;10(6-7):199-204

Anna C. Nombre, Anling Rao, Gail N. Owen. L-Theanine, a Natural Constituent in Tea and its Effect on Mental State. *Asia Pacific Journal of Clinical Nutrition*. Jan 2008;17(S1):167-168

The Chemistry of Calm. (2011, March). Retrieved from lifeextension.com/magazine/2011/3/the-chemistry-of-calm

Ditch the stress and anxiety by taking one tablet, up to twice daily, with food.

Today is a good day to have a good day. So go ahead and uplift your mood with Mood Positive 5-HTP!

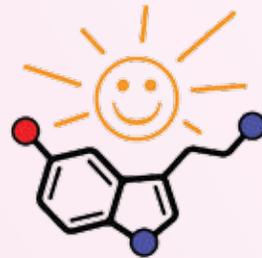
Directions: Take 1 tablet, one or two times daily, with food.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B-12 (Cyanocobalamin)	50 mcg	833%
5-HTP (5-Hydroxytryptophan) (derived from <i>Griffonia simplicifolia</i>) (seed)	50 mg	*
Suntheanine® L-Theanine	50 mg	*

*Daily Value (DV) not established.



Sole Distributor:

Pharmtech (Caribbean) Ltd.

23 South Trunk Road, La Romaine, Trinidad, W.I.

Tel.: (868) 657-1887 Telefax: (868) 657-7456

Website: www.pharmtechcaribbean.net



PHARMTECH
Caribbean Limited

NATROL®



**Mood Positive
5-HTP**

Happy Thoughts are Ahead!®



Promotes balanced serotonin levels



Supports feelings of happiness and wellbeing



Helps reduce anxiety

**STAY RELAXED DESPITE WHAT
LIFE THROWS YOUR WAY!**



The role of 5-HTP

5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid and chemical precursor and metabolic intermediate in the biosynthesis of serotonin from tryptophan.

It directly affects the central nervous system, by crossing the blood-brain barrier, thus stimulating serotonin production.

5-HTP works similarly to the class of anti-depressants known as selective serotonin reuptake inhibitors (SSRIs such as fluoxetine and sertraline), by increasing serotonin levels in the brain.

Serotonin deficiency can lead to irritability, pain, aggression, depression, insomnia and even drug/alcohol abuse among other things.



Serotonin is dominantly responsible for regulating our sense of calm, feelings of contentment, satisfaction and well-being. It prompts relaxation and peace.

L-Theanine & The B-vitamins

L-Theanine is an amino acid found in high concentrations in green tea.

Research shows that it changes brain waves, promoting the relaxed and alert state associated with alpha waves.

L-Theanine can cross the blood-brain barrier, and affects the GABA receptors which spike the production of dopamine.

This results in:

- * Reduced anxiety
- * Reduced physical stress
- * Brightened mood and
- * Increased cognition



Dopamine controls the pleasure and reward centres of the brain and regulates strength and nature of emotions. It also plays a role in executive function, that is, helping us stay alert and concentrate on mental tasks.

L-Theanine is particularly special as it can sharpen mental focus & calm anxiety at the same time!

Anxiety can be caused by a lack of critical B-vitamins which slows down or even prevents important biochemical and enzymatic reactions.

Vitamin B6 is a co-factor for 5HTP: it increases the speed of conversion to serotonin.

GABA + Vit. B6 inhibits the transmission of stress-related nerve impulses in the brain, helping to gently ease feelings of nervousness and anxiety.

Some studies show that some people experiencing emotional blues may have lower blood levels of Vit. B12 and folic acid.



GABA is a neurotransmitter that blocks impulses between nerve cells in the brain. It is important for mood regulation and boosting alpha brain waves.

B-vitamins are connected to improved mood, controlled anxiety, enhanced focus and boosted memory!