

HTP Power

60 capsules, Herbal combination, Stock No. 2806-4

HTP stands for hydroxytryptophan, a new supplement described as the natural alternative to Prozac.

Almost all of us feel low sometimes, usually because of a disturbing event in our lives.

Depression in some form affects 25 percent of all women, 10 percent of all men, and five percent of all adolescents worldwide. It is the most common psychological problem in North America, affecting more than 18 million people each year.

Did you know?

Serotonin is the brain's "feel-good" hormone, involved in regulating mood, appetite and sleep. Serotonin is a precursor to melatonin, the hormone that regulates sleep-wake cycles. Drugs such as Prozac prevent the brain cells from using up serotonin too quickly, thereby causing a deficiency. HTP works a bit differently: it increases the brain cell's production of serotonin, which boosts serotonin levels (Earl Mindell's *Supplement Bible*, page 71).

NSP Advantage

60 capsules. Dietary herbal supplement.

Ingredients: Siberian ginseng (*Eleutherococcus senticosus*) root, ashwagandha (*Withania somnifera*) root, suma pafia (*Pfaffia paniculata*) root, 5-hydroxytryptophan, zinc gluconate, pyridoxine hydrochloride (vitamin B6) Nature's Sunshine's strongest edge on the competition is the addition of vitamin B6 and zinc.

Recommendation: Take one capsule three times daily with a meal for mood elevation or weight loss. As a sleep aid, take three capsules with your evening meal. Nature's Sunshine recommends a maximum of three capsules per day. Children take 1/2 the adult dosage.

Features & Benefits

- Promotes the production of serotonin and may help combat depression and insomnia
- Helps to stabilize mood.
- Contains adaptogenic herbs that help to cope with stress.
- Some research has shown that HTP can suppress appetite for people who need to lose weight.
- Vitamin B6 and zinc strengthen the bioavailability of HTP.
- Traditional uses of the adaptogenic herbs Siberian ginseng, ashwaganda and suma indicate they support the body during times of change (stress), support the immune system, and speed the body's recuperative processes.