

NATURAL HEALTH PRODUCT

5-HTP

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

October 30, 2018

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)	
		Proper name(s)	Part(s)
<ul style="list-style-type: none"> ▶ 5-Hydroxy-L-tryptophan ▶ L-5-Hydroxytryptophan 	<ul style="list-style-type: none"> ▶ L-5-HTP ▶ L-5-Hydroxytryptophan 	<i>Griffonia simplicifolia</i>	Seed

References: Proper names: O'Neil et al. 2001; Common names: O'Neil et al. 2001; Source material: Lemaire and Adosraku 2002, Fellows and Bell 1970.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

- ▶ Helps to promote healthy mood balance (Pöldinger et al. 1991; Zmilacher et al. 1988; Nakajima et al. 1978).
- ▶ Helps to relieve symptoms of fibromyalgia (Nicolodi and Sicuteri 1996; Sarzi Puttini and Caruso 1992; Caruso et al. 1990).
- ▶ Helps to reduce the severity and duration of migraine headaches when taken as a preventative (prophylactic) (Titus et al. 1986; Bono et al. 1984; Sicuteri 1973).
- ▶ To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management by reducing carbohydrate cravings (Cangiano et al. 1998; Cangiano et al. 1992; Ceci et al. 1989).
- ▶ Used as a sleep aid (Soulaïrac and Lambinet 1977; Wyatt et al. 1971).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Healthy mood balance

150 - 300 milligrams of 5-HTP, per day; Not to exceed 200 milligrams per single dose (Pöldinger et al. 1991; Nakajima et al. 1978).

Relief of symptoms of fibromyalgia

300 - 400 milligrams of 5-HTP, per day; Not to exceed 200 milligrams per single dose (Nicolodi and Sicuteri 1996; Caruso et al. 1990).

Migraine prophylaxis

200 - 600 milligrams of 5-HTP, per day; Not to exceed 200 milligrams per single dose (Titus et al. 1986; Sicuteri 1973).

Weight management

750 - 900 milligrams of 5-HTP, per day; Not to exceed 300 milligrams per single dose (Cangiano et al. 1998; Cangiano et al. 1992; Ceci et al. 1989).

Sleep aid

100 - 200 milligrams of 5-HTP, per day (Soulaïrac and Lambinet 1988; Soulaïrac and Lambinet 1977; Wyatt et al. 1971)

Direction(s) for use

All uses (excluding sleep aid)

To minimize the risk of gastrointestinal side effects, start dosing at 100 mg, 2 - 3 times per day and slowly increase to effective dose over 2 week period (Birdsall 1998).

Sleep aid

Take 30 - 45 minutes before bedtime (Pizzorno and Murray 2006).

All uses (excluding weight management)

Take with food (Pöldinger et al. 1991).

Weight management

Take 30 minutes prior to a meal (Cangiano et al. 1998; Cangiano et al. 1992; Ceci et al. 1989).

Duration(s) of use

Healthy mood balance

- ▶ Use for at least 1 week to see beneficial effects (Nakajima et al. 1978).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 1 year (Nicolodi and Sicuteri 1996).

Relief of symptoms of fibromyalgia

- ▶ Use for at least 2 weeks to see beneficial effects (Caruso et al. 1990).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 1 year (Nicolodi and Sicuteri 1996).

Migraine prophylaxis

Use for at least 2 - 3 weeks to see beneficial effects (Sicuteri 1973).

Products for migraine prophylaxis and providing 200 - 400 mg of 5-HTP, per day

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 1 year (Nicolodi and Sicuteri 1996).

Products for migraine prophylaxis and providing more than 400 mg of 5-HTP, per day

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 6 months (Titus et al. 1986).

Weight management

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 12 weeks (Cangiano et al. 1992).

Sleep aid

No statement required.

Risk information

Caution(s) and warning(s)

Sleep aid

Consult a health care practitioner/health care provider/health care professional/doctor/physician if sleeplessness persists continuously for more than 4 weeks (chronic insomnia) (Berardi et al. 2002; Dipiro et al. 2002).

All uses (except sleep aid)

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

All uses

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, Sadenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold

medication containing dextromethorphan, anti-nausea medication and anti-migraine medication (Mayo Clinic Staff 2007; Turner et al 2006).

- ▶ Stop use and consult a health care practitioner/health care provider/health care professional/doctor/physician if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes (Das et al. 2004; Lampert et al. 1992; Sternberg et al. 1980).
- ▶ Avoid taking with alcohol or products that cause drowsiness.

Contraindication(s)

Do not use this product if you have scleroderma (Lampert et al. 1992; Sternberg et al. 1980).

Known adverse reaction(s)

- ▶ Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness (Caruso et al. 1990; Zmilacher et al. 1988; Takahashi et al. 1976).
- ▶ Some people may experience diarrhea, nausea, vomiting and abdominal pain (Turner et al. 2006; Byerley et al. 1987).

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.



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