

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: 5-Hydroxytryptophan (5-HTP)

Form: Oral Capsule

Drug Class:

- Amino acid derivative / serotonin precursor.
- Intermediate metabolite of tryptophan → serotonin pathway.

Mechanism of Action¹:

5-HTP is intended to:

- Boost serotonin production, bypassing the rate-limiting enzyme tryptophan hydroxylase.
- Support mood regulation, improving depression and anxiety symptoms.
- Promote sleep by indirectly increasing melatonin synthesis in the pineal gland.
- Reduces appetite through serotonin satiety signaling to help decrease caloric intake and weight.

Indications Commonly Prescribed for:

- Mood disorders: Depression, anxiety (adjunct or alternative therapy).
- Sleep disorders: Insomnia, delayed sleep onset.
- Fibromyalgia: Studied for reducing pain, fatigue, and morning stiffness.
- Migraines: Some evidence of frequency/severity reduction.
- Appetite and weight management.

Before Use: Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

Contraindications:

- Hypersensitivity to 5-HTP or product ingredients.
- Concurrent serotonergic therapy: Contraindicated with SSRIs, SNRIs, MAO inhibitors, or triptans due to serotonin syndrome risk.
- Down's syndrome: Historical concern for seizure risk.

Cautions: Let your Healthcare provider know if you experience any adverse side effects.

How to Use: This compounded preparation is in the form of an oral capsule. Swallow the capsule whole with a glass of water. Do not chew or crush the capsule. If you miss a dose, take as soon as you remember, but not at the time for the next dose. Desired results may take up to several weeks.

Warnings and Precautions:

Serotonin syndrome risk: Especially with antidepressants, certain opioids (tramadol, meperidine), and linezolid.

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Adverse Reactions:

- Common:
 - Nausea, vomiting, diarrhea
 - Headache, drowsiness, insomnia
 - Abdominal cramps
 - Anxiety, vivid dreams
 - Serious, but Rare:
 - Serotonin syndrome
 - Palpitations
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Interactions:

- Antidepressants (SSRIs, SNRIs, TCAs, MAOIs): Major risk of serotonin syndrome.
 - Triptans: Additive serotonergic effects.
 - Opioids (tramadol, meperidine, methadone): Serotonin syndrome risk.
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Use in Specific Populations:

- Pregnancy/Lactation: Insufficient safety data; avoid use.
 - Pediatrics: Limited evidence; not recommended without specialist oversight.
 - Older adults: May be more sensitive to serotonergic and GI side effects.
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Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
 - Store in a cool dry place away from heat, sunlight, and moisture
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Monitoring Parameters:

- Clinical: Monitor for improvement in sleep, mood, pain, or appetite depending on indication.
 - Safety: Watch closely for symptoms of serotonin syndrome (agitation, tremor, sweating, hyperreflexia).
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Citations:

1. Maffei ME. 5-Hydroxytryptophan (5-HTP): Natural Occurrence, Analysis, Biosynthesis, Biotechnology, Physiology and Toxicology. *Int J Mol Sci.* 2020;22(1):181. Published 2020 Dec 26. doi:10.3390/ijms22010181