

5-HTP is nature's anti-depressant

SOLAL's 5-HTP has added vitamin B₆ increasing its effectiveness by up to 60%



SAFE
REDUCES ANXIETY
NATURAL
BOOSTS MOOD
NO SEXUAL DYSFUNCTION
DOES NOT CAUSE WEIGHT GAIN

**PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™**

5-HTP (5-hydroxytryptophan) is an amino acid that reduces anxiety and boosts mood, by raising serotonin neurotransmitter levels in the brain. However **unlike prescription SSRI antidepressants, 5-HTP does not cause weight gain or reduced sexual function.** In fact, research shows that 5-HTP actually helps you to lose weight, because it also suppresses appetite.

Unlike some 5-HTP supplements, which are synthetically manufactured from chemical precursors, SOLAL's 5-HTP is extracted from the Griffonia plant, not chemicals.

SOLAL's 5-HTP has added vitamin B₆. Studies show that vitamin B₆ enhances the effectiveness of 5-HTP by up to 60%.

Important: Always take 5-HTP on an empty stomach. Take one capsule 2-3 times daily. Effects may take up to 4 weeks to be noticed. However, most people notice benefits after only a few days of use.

Other mood-boosting nutraceuticals that can be used together with 5-HTP:

Although 5-HTP is usually effective enough on its own, its mood-boosting effects can be enhanced by taking these mood boosters also:



SAMe

SAMe (s-adenosyl-methionine) is also an amino acid, similar to 5-HTP. However it works differently to 5-HTP. Whereas 5-HTP boosts serotonin, SAMe raises levels of dopamine, another important mood elevating neurotransmitter.

Krill Oil (Neptune – NKO®) Omega 3

Krill oil contains a unique phospholipid type of omega 3, not found in fish oil. It provides the building block nutrients that the brain needs to make all three mood-boosting neurotransmitters, namely serotonin, dopamine and nor-epinephrine.



IF YOU ARE ON PRESCRIPTION ANTIDEPRESSANTS: DO NOT DISCONTINUE YOUR PRESCRIBED MEDICINES WITHOUT MEDICAL SUPERVISION

The information presented above is the informed opinion of SOLAL's medical advisory board of doctors, pharmacists and nutritionists, after review of scientific research and medical literature.



Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.

Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies.

Visit our website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively

The most useful health website in SA: www.solaltech.com

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086 11 SOLAL (Health Line)
Fax: 011 783 3399
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SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™