

BIBLIOGRAPHY

1. Neeck G. **Neuroendocrine and hormonal perturbations and relations to the serotonergic system in fibromyalgia patients.** Scand J Rheumatol Suppl. 2000;113:8-12.
2. Kim JH, Kim YO, Jeun J, Choi DY, Shin CS. **L-Trp and L-Leu-OEt derivatives of the monascus pigment exert high anti-obesity effects on mice.** Biosci Biotechnol Biochem. 2010;74(2):304-8. Epub 2010 Feb 7.
3. Birmaher B, Kaufman J, Brent DA, Dahl RE, Perel JM, al-Shabbout M, Nelson B, Stull S, Rao U, Waterman GS, Williamson DE, Ryan ND. **Neuroendocrine response to 5-hydroxy-L-tryptophan in prepubertal children at high risk of major depressive disorder.** Arch Gen Psychiatry. 1997 Dec;54(12):1113-9.
4. Rondanelli M, Opizzi A, Faliva M, Bucci M, Perna S. **Relationship between the absorption of 5-hydroxytryptophan from an integrated diet, by means of Griffonia simplicifolia extract, and the effect on satiety in overweight females after oral spray administration.** Eat Weight Disord. 2012 Mar;17(1):e22-8. doi: 10.3275/8165. Epub 2011 Dec 5.
5. Santucci M, Cortelli P, Rossi PG, Baruzzi A, Saquegna T. **L-5-hydroxytryptophan versus placebo in childhood migraine prophylaxis: a double-blind crossover study.** Cephalalgia. 1986 Sep;6(3):155-7.
6. Bono G, Micieli G, Sances G, Calvani M, Nappi G. **L-5HTP treatment in primary headaches: an attempt at clinical identification of responsive patients.** Cephalalgia. 1984 Sep;4(3):159-65.
7. Blazevic S, Colic L, Culig L, Hranilovic D. **Anxiety like behavior and cognitive flexibility in adult rats perinatally exposed to increased serotonin concentrations.** Behav Brain Res. 2012 Apr 21;230(1):175-81. Epub 2012 Feb 8.
8. Salter S, Brownie S. **Treating primary insomnia: the efficacy of valerian and hops.** Aust Fam Physician. 2010 Jun;39(6):433-7.
9. Banki M C. **Agomelatin: the first "melatonergic" antidepressant.** Neuropsychopharmacol Hung. 2006 Oct;8(3):105-12.
10. Department of Molecular and Cell Biology, University of Connecticut, Storrs, CT 06269, USA. **An HPLC method for the direct assay of the serotonin precursor, 5-hydroxytryptophan, in seeds of Griffonia simplicifolia.** Phytochem Anal. 2002 Nov-Dec;13(6):333-7.
11. Schiller H, Forster A, Vonhoff C, Hegger M, Biller A, Winterhoff H. **Sedating effects of Humulus lupulus L. extracts.** Phytomedicine. 2006 Sep;13(8):535-41. Epub 2006 Jul 24.

ANSIOMED



ANSIOMED

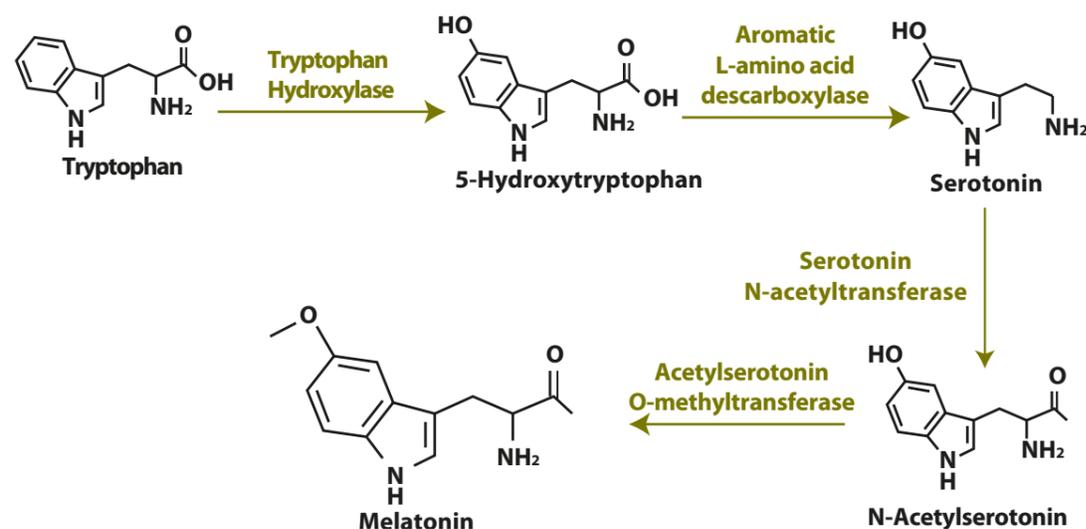
The causes of an anxiety disorder can be multiple. People who suffer from anxiety show a deficit in the levels of a neurotransmitter called **serotonin**.

Ansiomed contains a combination of ingredients that decrease the serotonin deficit, helping to achieve the emotional and nervous system balance that everyone needs.

Symptoms of anxiety:

- Worrying that disasters may happen
- Stress
- Irritability
- Insomnia
- Panic attacks
- Phobias
- Obsessive compulsive disorder
- Hypochondria and addictive behaviour
- Binge eating

Serotonin is involved in various physiological processes and it affects a wide range of functions: from a person's mood, appetite (craving food), controlling pain and sleep patterns, among others.



Biosynthesis of melatonin and serotonin through tryptophan and 5HTP

Ansiomed is suitable for cases of:

- **Depression, Distress, Anxiety Attacks**
- **Fibromyalgia:** it improves symptoms such as pain, morning stiffness, anxiety, sleep disturbances and fatigue.
- **Obesity:** low levels of serotonin are linked to the urge to eat carbohydrates and binge eating. In these cases it has been shown that 5-HTP reduces food intake and, therefore, increases weight loss.
- **Insomnia:** it improves the quality of sleep as it increases REM sleep and produces melatonin through serotonin.
- **Chronic headaches:** 5-HTP has been used successfully in the prevention and treatments of headaches, reducing their frequency, intensity and duration.

Ansiomed ingredients

- **L-TRYPTOPHAN:** has a direct impact on the amount of serotonin in the plasma, the brain and the levels throughout the body.
- **GRIFFONIA SEED** (*Griffonia simplicifolia*): rich in L-5-HTP.
- **Hops** (*Humulus lupulus* L.): acts on the nervous system with sedative, hypnotic properties, thanks to the presence of acids called lupulone and humulone.
- **Vitamin B₁:** prevents premature metabolism of choline.
- **Vitamin B₆:** involved in turning L-tryptophan into serotonin, and in the synthesis of melatonin.
- **Vitamin B₉:** involved in the metabolism of methionine, which is an amino acid that is essential for producing myelin.
- **Vitamin B₁₂:** involved in the synthesis of methionine. Helps to nourish nerve cells and to synthesise their nucleus.

Ingredients per two capsules:

Griffonia extract (containing 20% 5HTP)	400 mg
Hops extract	300 mg
L tryptophan	150 mg
Vitamin B ₆	1,4 mg (100% de *RDA)
Vitamin B ₁	1,1 mg (100% de *RDA)
Vitamin B ₉	200 µg (100% * RDA)
Vitamin B ₁₂	2,5 µg (100% de *RDA)

*RDA: Recommended daily allowance

Presentation: packet of 45 capsules.

Directions for use: take 2 capsules a day, unless prescribed otherwise.

