

# Tranquility



## Clinical Applications

- Reduces depression/anxiety
- Alleviates PMS & migraines
- Improves sleep
- Reduces insulin levels
- Reduces inflammation
- Lowers blood pressure
- Aids weight loss
- Boosts serotonin levels

## Discussion

If you're looking for a supplement to put your mind and body at ease, Tranquility provides a unique blend of herbal extracts to do the trick. Pure 5-HTP extracted from the Griffonia seed, and passionflower come together to work in synergistic harmony.

**5-HTP**, made from tryptophan, is a precursor to serotonin, which helps relay signals between brain cells and regulates mood and behavior. As a result, supplementing with 5-HTP is highly beneficial for improving sleep, mood, anxiety, appetite, migraines, weight management, and pain sensation in fibromyalgia.

**Passionflower** goes by many names including maypop, apricot vine, passion vine, and passiflore. By any name, though, this lovely flower contains an abundance of healing purposes, and is commonly combined with other calming herbs. By increasing levels of the brain chemical GABA, passionflower can improve menopausal symptoms, PMS, insomnia, depression, anger, headaches, and help balance hormones. It has also been shown to aid in lowering blood pressure, reducing anxiety, addressing ADHD symptoms, reducing insulin levels, and lowering system-wide inflammation.

## Supplement Facts:

Serving Size: 1 capsule

Servings Per Container: 100

Amount Per Serving	% Daily Values
5-Hydroxytryptophan (from <i>Griffonia simplicifolia</i> seed)..... 100 mg	*
Passionflower ( <i>passiflora incarnate</i> ) herb extract 4:1..... 200 mg (equivalent to 800 mg whole herb)	*
<b>*Daily value not established</b>	

**Other Ingredients:** inositol, magnesium stearate, gelatin capsule

**Suggested Use:** Take 1 capsule morning and evening, or as directed.

**Caution:** 5-HTP should not be used in combination with SSRI antidepressant medications, Carbidopa, Sumatriptan, Tramadol.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. Supplements are manufactured by Time Laboratories [www.timelabs.com](http://www.timelabs.com) , 877-846-3522.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*



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