



PRODUCT PROFILE SHEET

Griffonia simplicifolia is a shrub native to West Africa, especially Sierra Leone, Ghana and the Congo. Its seeds contain a chemical known as 5-hydroxytryptophan (5-HTP) which is commonly used in food supplements. 5-HTP is a naturally occurring amino acid and a chemical precursor, as well as a metabolic intermediate in the biosynthesis of the neurotransmitter serotonin. 5-HTP is produced from the amino acid tryptophan through the action of the enzyme tryptophan hydroxylase.

Griffonia has been used for many years¹ in phytotherapy to stimulate brain activity. It may also have positive effects on the nervous system and on **mood disorders**. Griffonia is known to **support stress and anxiety** and could also be used to help **depression and improve sleep quality**. Furthermore, research has suggested that it may help with **weight management**.

Product Advantages

- ✓ High Quality Ingredient
- ✓ From selected approved partners
- ✓ Qualified and approved by our Regulatory team
- ✓ Technical and Commercial support from our expert teams
- ✓ Plant-Based
Meets market trends
- ✓ Does not contain any carriers
- ✓ Suitable for Vegetarians & Vegans
- ✓ Kosher & Halal Certified

Research

The role of Griffonia in anti-depressant and anxiety treatment has been reviewed by many, with several studies exploring its benefits. A clinical review was conducted to evaluate Griffonia as a treatment for **depression**²⁻⁴ - alongside insomnia and anxiety, it is worth noting that each of the studies concluded that 5-HTP extracted from Griffonia simplicifolia was an effective treatment for fibromyalgia, chronic headaches, insomnia, anxiety control and, above all, in depression²⁻⁴.

Research has also explored ways that Griffonia could help with **weight management**⁵⁻⁷, with one study assessing 20 participants being administered with Griffonia supplementation (via an oral spray). The participants were split into two groups of 10, where one group received the Griffonia oral spray and the remaining participants received a placebo⁵. This study demonstrated that the 10 female participants in the supplementation group did experience physical changes, and also reported an increase in the feeling of satiety – associated with a decrease in BMI⁵.

Another study was conducted to assess the effects of 5-HTP on eating behaviours and adherence to dietary prescriptions⁶. This study was carried out by randomly assigning 20 obese participants either 900mg/day supplementation of 5-HTP or a placebo. This study was conducted for 2 consecutive 6-week periods (12 weeks in total), whereby in the first period no diet was set for the participants, and for the second period a 5040kJ/day diet was recommended. The results of this study showed that participants who were given the 5-HTP supplementation did experience significant weight loss in both periods, suggesting that 5-HTP could be used to support those suffering with obesity⁶.

Further research has been conducted to assess the efficacy of 5-HTP on **sleep quality**⁸. This clinical trial was carried out over a 12-week period on 20 older adults (age ranges between 63 – 71) who were randomly assigned 100 mg of 5-HTP placebo⁸. The Pittsburgh Sleep Quality Index (PSQI) questionnaire and actigraphy watch were used to measure participants' sleep quality, with the results from this study indicating that 5-HTP supplementation could help to **reduce sleep latency**.

Product Range

LEHVOSS Code	Active Ingredients	Grade	Mesh Size
26002408	Min.30% L-5-Hydroxytryptophan from Griffonia Seeds.	Powder	NLT 95% Pass 80 mesh



Product Dosage

There is currently no RDI (recommended daily intake) for Griffonia, however commercially available food supplements suggest between 50mg – 200mg of 5-HTP (5-hydroxytryptophan) per day when aiming to support stress, anxiety, depression and mood. For weight support purposes a more typical approach is 300 – 500mg of 5-HTP per day, often split between 2-3 doses.

About



LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

References

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