

**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



# THOT Mind

## L-TRYPTOPHAN



L-Tryptophan is one of the most uncommon amino acid and it is found in a very small percent in the human proteins. However, L-Tryptophan is as essential as all the other 8 EAAs in order to sustain life. The popularity of L-Tryptophan is given by the fact that it is the only precursor of serotonin, also known as “the hormone of happiness”. Without having the right amount of bioavailable L-Tryptophan, the body cannot produce the needed amount of serotonin.

Nowadays, depression and anxiety are, unfortunately, as common as never before. As a result, at Thot Nutrition, we formulated Thot L-Tryptophan which is the most important mood-stabilizing amino acid of all the 9 EAAs.

L-Tryptophan, like all the other amino acids in Thot Aminos formula, is an essential amino acid, therefore it needs to be supplemented from an outside source: foods rich in L-Tryptophan or highly efficient supplements. The body cannot produce essential amino acids, but they are all vital for the body to accomplish its functions.

The Japanese companies we collaborate with were ranked in 2022 on the 1st and 2nd place in the World in the production of essential amino acids, which places our product in the 1st place in the World in the Essential Amino Acids segment.



## What THOT L-TRYPTOPHAN is?

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L-Tryptophan cannot be produced by the body and must be obtained through diet.



EAA's should be consumed in a balanced proportion since they work together to support all body functions. However, in specific situations (physical work, mental work, lack of sleep, intense overall effort, burnout etc.), one or more essential amino acids are needed in greater quantity in order to regain this balance.



For the ones who are not able to consume and/or extract enough EAA's through diet alone, supplementing with EAA's becomes a must.



There are various L-Tryptophan rich foods. However, the human body generally has trouble digesting, extracting, absorbing, properly folding and using essential amino acids, including L-Tryptophan. This comes with aging and appears due to the lack of enzymes.



[www.thotnutrition.com](http://www.thotnutrition.com)

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# What is THOT L-TRYPTOPHAN recommended for?

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L-Tryptophan is obtained 100% from plants. All ingredients are natural and suitable for direct absorption and use by the human body.

**Here are some therapeutical uses for L-Tryptophan:**



**DEPRESSION AND ANXIETY:** studies have suggested that L-Tryptophan supplements may help improve mood and lower the symptoms found in depression and anxiety. Along with 5-HTP, L-Tryptophan is considered as natural for the treatment of depression



**SEASONAL AFFECTIVE DISORDER (SAD):** is a form of depression experienced during winter months that includes symptoms like difficulty waking up, weight gain and sugar craving, isolation and irritability. L-Tryptophan ameliorates these symptoms and helps you manage your mood no matter the season



**INSOMNIA AND SLEEP DISORDERS:** when serotonin is synthesized from L-Tryptophan and converted into melatonin, regulates sleep-wake cycle. So forth, supplementation with L-Tryptophan improves sleep quality and manages insomnia in some cases



**FYBROMYALGIA:** is a chronic pain condition related to impaired muscle metabolism, often associated to low serotonin levels. L-Tryptophan supplementation helps by modulating serotonin levels and therefore, symptoms are perceived differently and are a lot easier to tolerate



**PREMENSTRUAL SYNDROME (PMS):** some studies reveal that L-Tryptophan appears to be beneficial in managing certain symptoms of PMS, especially mood-related symptomatology



**APETITE REGULATION AND WEIGHT MANAGEMENT:** serotonin plays a big role in appetite regulation. Therefore, higher L-Tryptophan levels are associated to a health mind and no more binge eating



**MIGRAINE HEADACHES:** a few studies reveal that L-Tryptophan can also be a very effective treatment in preventing migraines from occurring

# How does L-TRYPTOPHAN work?

- ➊ After it is absorbed, tryptophan is transported into the brain by crossing the blood-brain barrier. Tryptophan requires active transport and competes for the same receptors with other amino acids including tyrosine, phenylalanine, valine, leucine, and isoleucine. For obtaining the best results, make sure your body produces energy to support all these mechanisms: move your body and feed your muscles.
- ➋ In the brain, it is transformed into 5-hydroxytryptophan (5-HTP) by the enzyme tryptophan hydroxylase. Tryptophan hydroxylase is the rate-limiting enzyme needed for serotonin production. This enzyme can be inhibited by stress, insulin resistance, magnesium or Vitamin B6 deficiency. Make sure you have adequate levels of these last two when supplementing with L-Tryptophan.
- ➌ 5-HTP is then converted into serotonin. This step is dependent on the presence of Vitamin B6.
- ➍ Serotonin converts into melatonin. This requires the presence of SAM-e (S-Adenosyl-L-methionine).

# Why is THOT L-TRYPTOPHAN so special?



# THOT L-TRYPTOPHAN

## Benefits



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### MOOD REGULATOR:

L-Tryptophan has a huge role in the production of serotonin (the “happiness molecule”) and it is the only precursor of serotonin. It influences mood, emotions, cognition and behaviour

### IMMUNE SYSTEM:

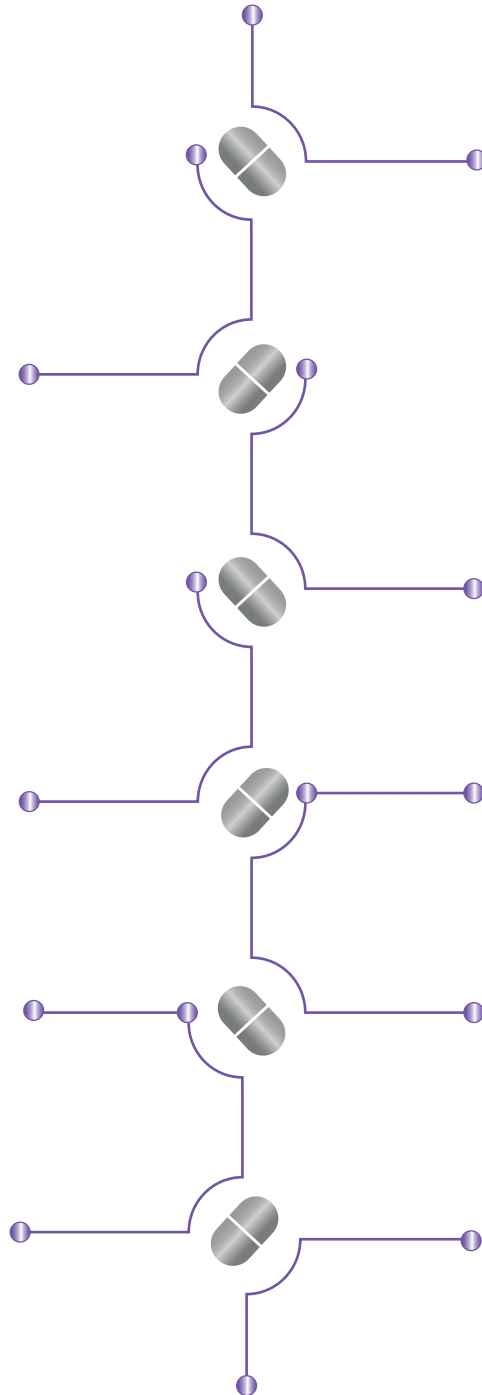
L-Tryptophan plays a vital role in supporting a healthy immune system by participating in the production of immune cells and antibodies. It helps by protecting the body against

### ENERGY METABOLISM & DNA

**REPAIR:** L-Tryptophan serves as a precursor to niacin (vitamin B3), playing a crucial role in energy metabolism, DNA repair and various cellular functions

### BODY WEIGHT

**OPTIMIZATION:** Studies show that longer sleep duration in correlation to L-Tryptophan, may reduce the risk of obesity and type 2 diabetes



### SLEEP REGULATOR:

L-Tryptophan contributes to sleep regulation by being a precursor of melatonin (“the sleep hormone”). High levels of melatonin along with L-Tryptophan, helps you set a healthy sleeping timetable

### COGNITION & MEMORY

**ENHANCEMENT:** Insufficient L-Tryptophan can cause you memory loss. L-Tryptophan acts as a nootropic by being a precursor of serotonin. Supplementing may enhance memory in healthy adults

### HORMONE REGULATION:

L-Tryptophan increases growth hormone and prolactin

### PROTEIN SYNTHESIS:

L-Tryptophan is crucial for making proteins needed for tissue repair, enzymes, and other essential biological functions

### BOOSTING EXERCISE

**PERFORMANCE:** Studies reveal that due to the supplementation of L-Tryptophan, the exercise durations extends significantly



## Ingredients:

One bottle of THOT L-TRYPTOPHAN contains 90  capsules of L-Tryptophan (999 mg/capsule).

One capsule of Thot L-Tryptophan contains: L-Tryptophan (270 mg per capsule), bulking agent (pea starch and microcrystalline cellulose), emulsifier (pectine, talcum).

## Usage:

According to EFSA (European Food Safety Administration) , L-Tryptophan supplements are reported as safe for administration.

After administration, do not drive cars or heavy machinery. For other recommendations talk to your doctor or therapist.



### Adults:

- **1**/day with 20-30 minutes before bed
- **2-3**/day with 20-30 minutes before bed, on more stressful times



### Children:

- **15-18** years old: **1**/day

Recommended intakes of essential amino acids (WHO/FAO/UNU, 2007):

Infants, children and adolescents	
0.5 years old	9,5 mg x kg/ day
1-2 years old	6,4 mg x kg/ day
3-10 years old	4,8 mg x kg/ day
11-14 years old	4,8 mg x kg/ day
15-18 years old	4,5 mg x kg/ day

The “safety zone” of L-Tryptophan administration in healthy humans is below **6.0 g/d**.



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