

coralclub

Griffonia

Feel Good.* Sleep Well.*

*The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.



How Can You Feel More Joy in Life?

People often recommend going for walks, exercising regularly, maintaining a regular sleep schedule, practicing meditation, and eating a balanced diet.

All of these promote the production of the “feel-good” hormone — serotonin.

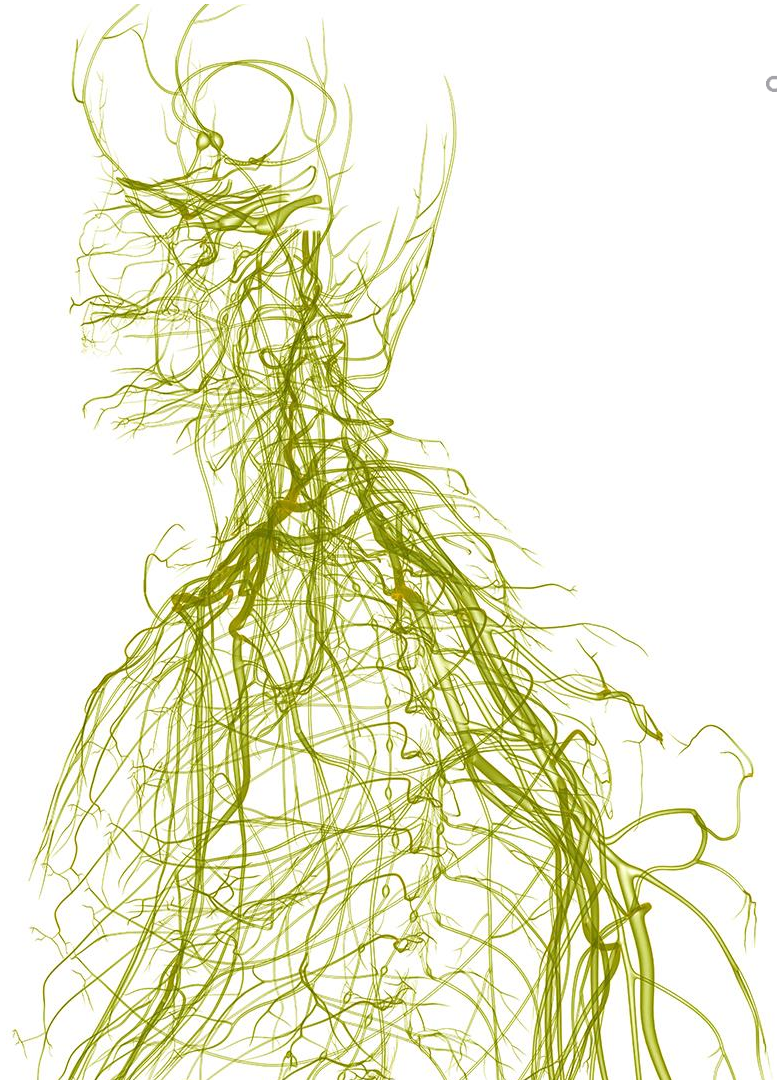



Healthy serotonin levels support a positive mood*

Serotonin is produced by the body in the brain and nervous system and plays a crucial role in regulating our physical and emotional well-being.*

It affects sleep, appetite, pain sensitivity, and stress levels. ^[1]*

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What Influences Serotonin Production?*

Its precursor is the amino acid tryptophan, which we only get from food.

Only a small amount of dietary tryptophan is used to make serotonin—most is processed through other pathways, like the kynurenine pathway. ^{[2]†*}

† Xue et al., Cell Metabolism, 2023



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5-HTP

5-HTP (5-Hydroxytryptophan) is a naturally occurring compound made from the amino acid tryptophan. The body uses it to help make serotonin, a neurotransmitter involved in mood and emotional balance^{[3]*}

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According to scientific research,

The 5-HTP Advantage*:

Serotonin

Supports the body's serotonin production^{[3]*}

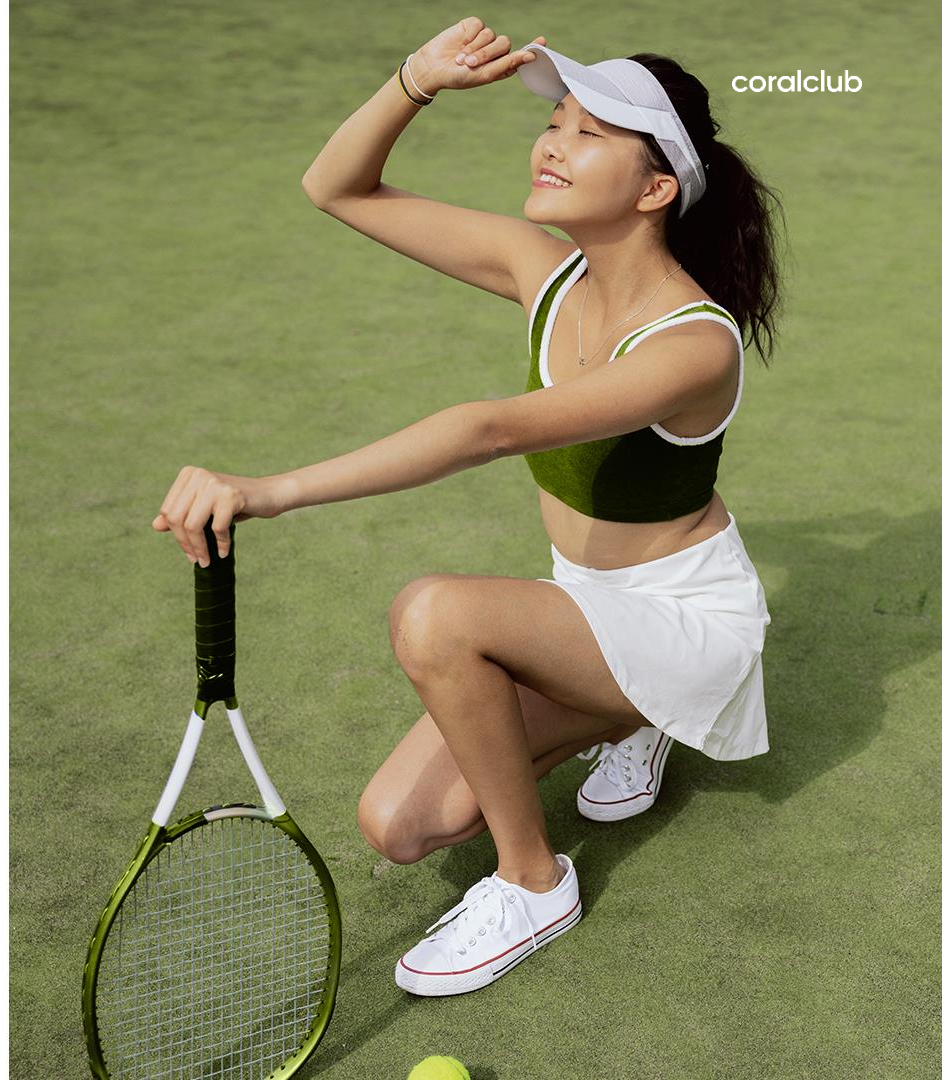
Mood

Helps support emotional well-being and a positive mood^{[1]*}

Sleep

Supports the body's ability to maintain healthy sleeping patterns^{[3, 4]*}

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Griffonia

One of the Richest Sources of 5-HTP.
Griffonia simplicifolia – an exotic legume
native to West and Central Africa.



Griffonia

Formulated to help support serotonin production and emotional balance during occasional stress.*

A blend of Griffonia seed extract + Vitamins B6 and B12



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What's Inside?



Griffonia Seed Extract

Supports emotional well-being and helps maintain healthy sleep patterns—including during normal hormonal fluctuations.*



Vitamin B12

Supports normal brain function, mood, and cognitive performance.*



Vitamin B6 (Pyridoxine)

Supports nervous system health, energy metabolism, and helps the body process protein and carbohydrates.*

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Griffonia - Supplement Facts (per capsule):

Griffonia Seed
Extract

50 mg

Vitamin B6

2 mg

Vitamin B12

3 mcg



60 Vegetable Capsules



Soy Free



Capsules made from
beef gelatin

Griffonia Helps Support:



Healthy serotonin levels—the “feel good” transmitter^{[1, 3]*}



Regular sleep and regular sleep cycles^{[3, 4]*}



A calm mood and emotional balance during occasional stress^{[1, 3]*}



Mental focus, productivity, and stress resilience^{[1]*}

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REFERENCES

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- [3]. Poffé, C., Meeusen, R., & Haouzi, P. (2021). 5-Hydroxytryptophan (5-HTP): Natural occurrence, analysis, biosynthesis, biotechnology, physiology, and toxicology. *Frontiers in Chemistry*, 9, Article 1602. <https://pubmed.ncbi.nlm.nih.gov/33375373>
- [4]. Alves da Silva, I. T. S., Fidelis, D. E. S., de Souza, R. F. S. S., Fernandes, M., et al. (2024). The impact of 5-hydroxytryptophan supplementation on sleep quality and gut microbiota composition in older adults: A randomized controlled trial. *Clinical Nutrition*, 43(6), 1597–1598. [https://www.clinicalnutritionjournal.com/article/S0261-5614\(24\)00157-2/abstract](https://www.clinicalnutritionjournal.com/article/S0261-5614(24)00157-2/abstract)