

Seratone 5-HTP

5-HTP and serotonin are natural chemicals produced by our bodies to help regulate appetite, mood, sexual desire, sleep patterns and stress levels. These functions are badly affected if serotonin levels in the body are reduced. Serotonin levels can become too low because of emotional or physical pressures, imbalanced diet, nutritional deficiencies, insufficient exercise (aerobic and muscular), alcohol, caffeine and nicotine.

Benefits:

- Helps to improve mood and regulate sleep problems.
- Can help to control food cravings.
- Can help to reduce appetite. Buy Seratone 5-HTP from one of our approved suppliers online now!