

### **L-Tryptophan Dosing**

(Take 20 min before, or 1 1/2 hours after food with protein)

Start with (1) 500mg capsule Mid-Afternoon, and 1/2 hour before bed- notice how you feel on this dose- looking at it's effects on the low serotonin symptoms you identified above.

Next day go up to 2 caps at each of those times, noticing how you feel

On day 3, If you felt nothing or better on the 2 caps yesterday, go up to 3 caps Mid AM and 1/2 hour before bed.

Keep adding 1 cap at each dosing time on the day that follows, until you see no improvement or feel worse on the higher dose and back down to the last positive dose

### **This will be your *L-Tryptophan* dose**

So for example you feel better than you felt before trying tyrosine on 2cap 3x day (more energy, better focus, less depressed). The next day you try going up to 3 caps 3x day and you feel more anxious and not as good. You would then back down to 2 caps 3x day as your ongoing dose of Tryptophan

### **5HTP Dosing**

(Take 20 min before, or 1 1/2 hours after food with protein)

Start with (1) 50mg capsule first thing Mid Afternoon, and 1/2 hour before bed-notice how you feel on this dose- looking at it's effects on the low Serotonin symptoms you identified above

Next day go up to 2 caps at each of those times, noticing how you feel

On day 3, If you felt nothing or better on the 2 caps yesterday, go up to 3 caps Mid AM and 1/2 hour before bed.

Keep adding 1 cap at each dosing time on the day that follows, until you see no improvement or feel worse on the higher dose and back down to the last positive dose (This will be your *5HTP* dose)

So for example you feel better than you felt before trying tyrosine on 2cap 3x day (more energy, better focus, less depressed). The next day you try going up to 3 caps 3x day and you feel more anxious and not as good. You would then back down to 2 caps 3x day as your ongoing dose of 5HTP