

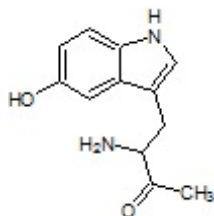
## Drug Status Report

**Drug:** 5-Hydroxytryptophan

**Drug Name Status:** 5-Hydroxytryptophan is the chemical name.

**Chemical Name:** 5-Hydroxytryptophan

**Chemical structure:**



**Molecular Formula:**  $C_{12}H_{14}N_2O_2$

**Pharmacological class / Application:** amino acid

**International status:**

US: The substance is not currently listed on the schedules to the US Controlled Substances Act and is not mentioned on the DEA website.

United Nations: The substance is not listed on the Yellow List - List of Narcotic Drugs under International Control nor the Green List - List of Psychotropic Substances under International Control.

Canadian Status: 5-Hydroxytryptophan occurs naturally in *Griffonia simplicifolia* (syn. *Bandeiraea simplicifolia* Benth.); a woody climbing shrub native to West Africa and Central Africa. It is a precursor to serotonin and is an recognized ingredient in natural health products in Canada<sup>1</sup>. Several claims may be made for the product including promoting healthy mood balance. Structurally it is similar to tryptamine; several tryptamine analogues are listed on Schedule III to the CDSA.

Recommendation: 5-Hydroxytryptophan is not included in the schedules to the CDSA and is not a controlled substance.

August 11, 2008