



Health Matters

by

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If you know someone taking antidepressants, you may want to tell them about a study being published in *The Journal of the American College of Cardiology*. This report associates the use of antidepressants with an increased risk of sudden cardiac death (SCD) in women. Depression affects over 15 million Americans yearly. Typically, women suffer more often than men with symptoms associated with mild depression, such as mood swings, food cravings and lack of sleep. A nutritional supplement called 5-HTP is a precursor to the "feel-good" hormone, serotonin, which regulates mood, appetite and sleep. A naturally-occurring amino acid found in the Griffonia bean, 5-HTP offers safe, effective relief for symptoms related to mild depression, without the dangerous side effects of antidepressants. As always, we guarantee your satisfaction.

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