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Comparative Efficacy of 5-Hydroxytryptophan Delivered via Capsule or Functional Food Bar on Mood, Sleep, and Salivary Cortisol: A Randomised, Double-Blind, Placebo-Controlled Trial

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Objective: Poor sleep quality and elevated psychological distress are highly prevalent in young adults. This randomised, double-blind, placebo-controlled, four-arm parallel group clinical trial evaluated the comparative efficacy of 5-hydroxytryptophan (5-HTP) derived from organic Griffonia simplicifolia delivered via a traditional capsule versus a functional food snack ...

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