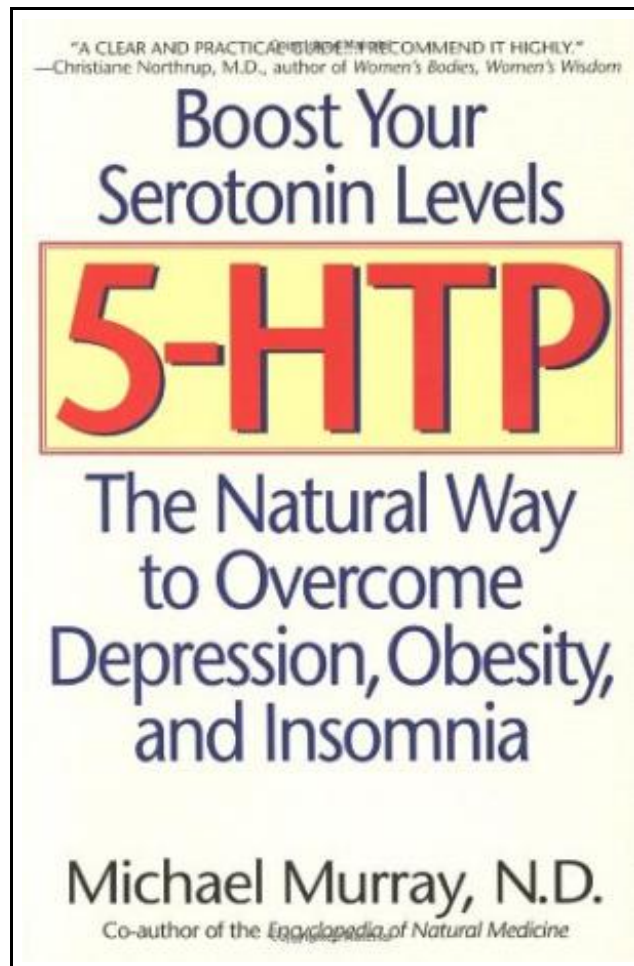


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(Trevion O'Hara)

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Bantam Doubleday Dell Publishing Group Inc, United States, 2000. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English . Brand New Book. The most authoritative and comprehensive guide to realizing the amazing health benefits of 5-HTP Written by one of America s leading naturopathic doctors, 5-HTP explains how this natural amino acid can safely and effectively regulate low serotonin levels, which have been linked to depression, obesity, insomnia, migraines, and anxiety. 5-HTP is also a powerful antioxidant that can protect the body from free-radical damage, reducing the risk of serious illnesses such as cancer. 5-HTP has already helped thousands, and Dr. Murray, citing extensive scientific studies and case histories, shows how this groundbreaking supplement can help you.

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