

The effects of the tryptophan from the food in the emotions

UAB

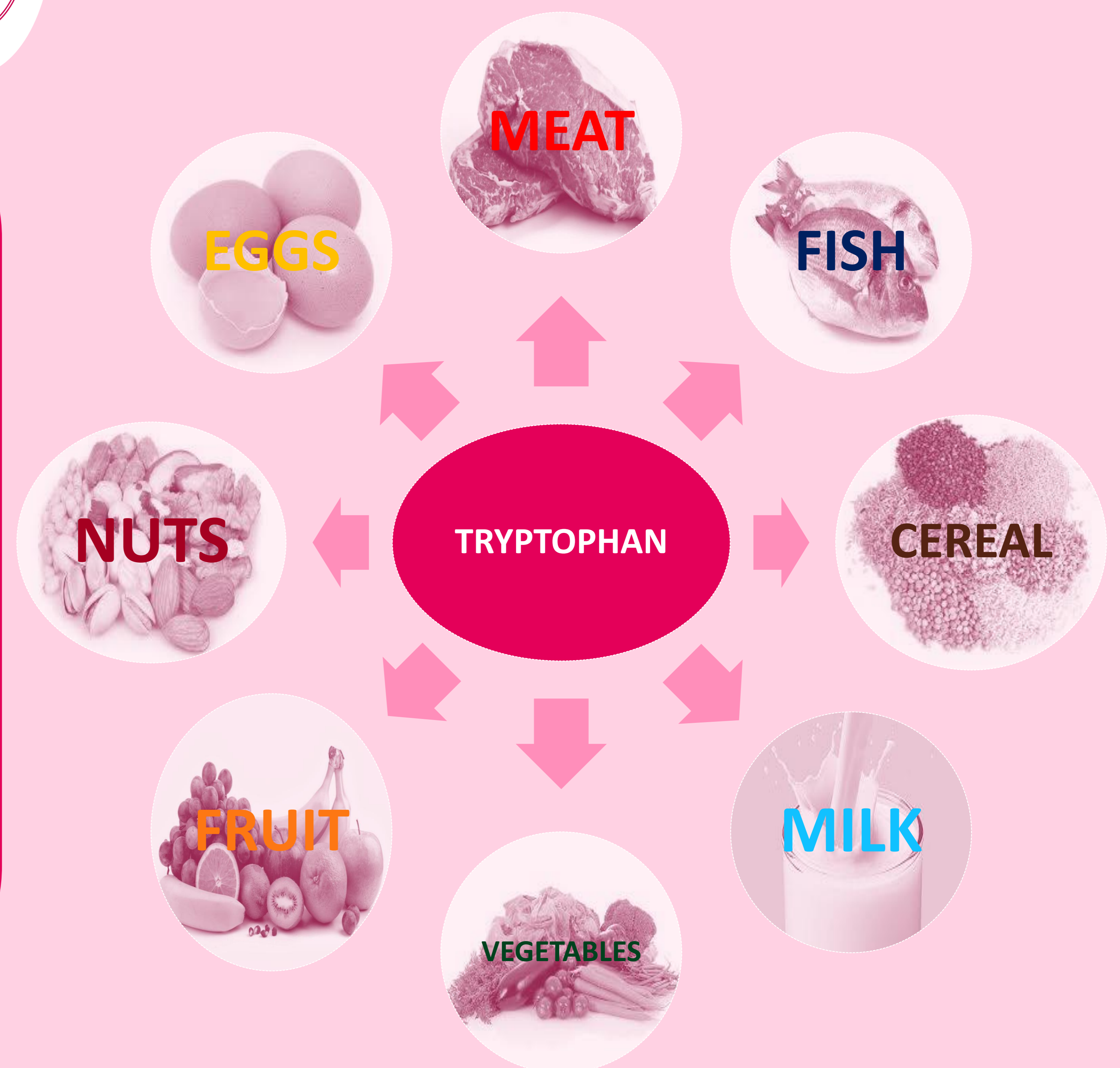
Universitat Autònoma
de Barcelona

Lara Botia Baños

June 2016

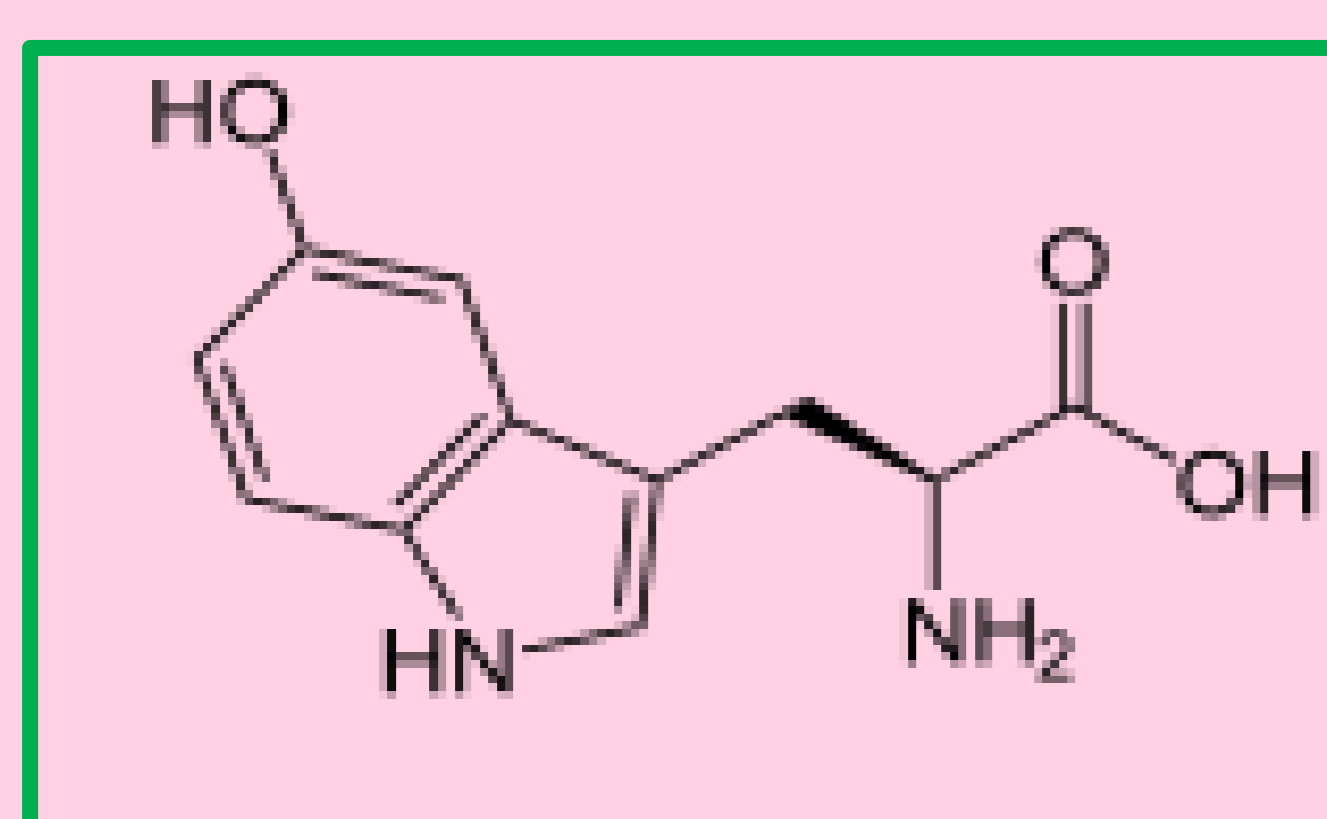
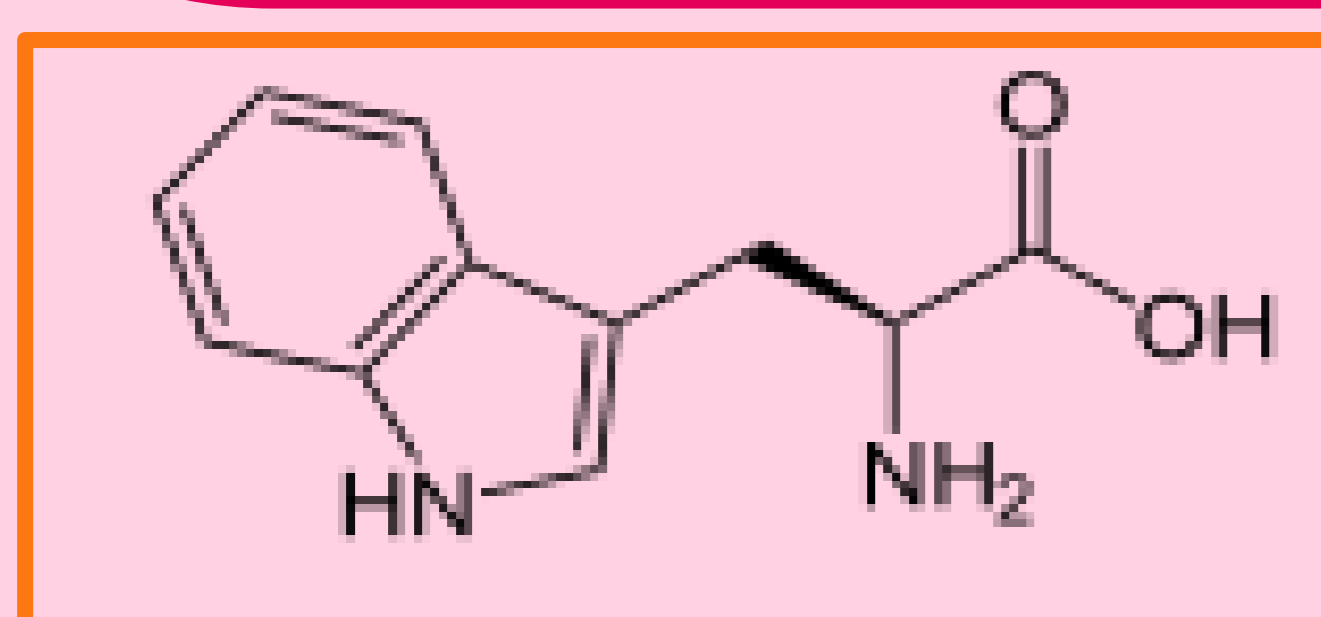
OBJECTIVES

- The tryptophan intake as a essential amino acid of the serotonin synthesis
- Effects which give to the organism and how they favour it psychologically and physically
- Type of diet to a better absorption
- Food where there are more tryptophan

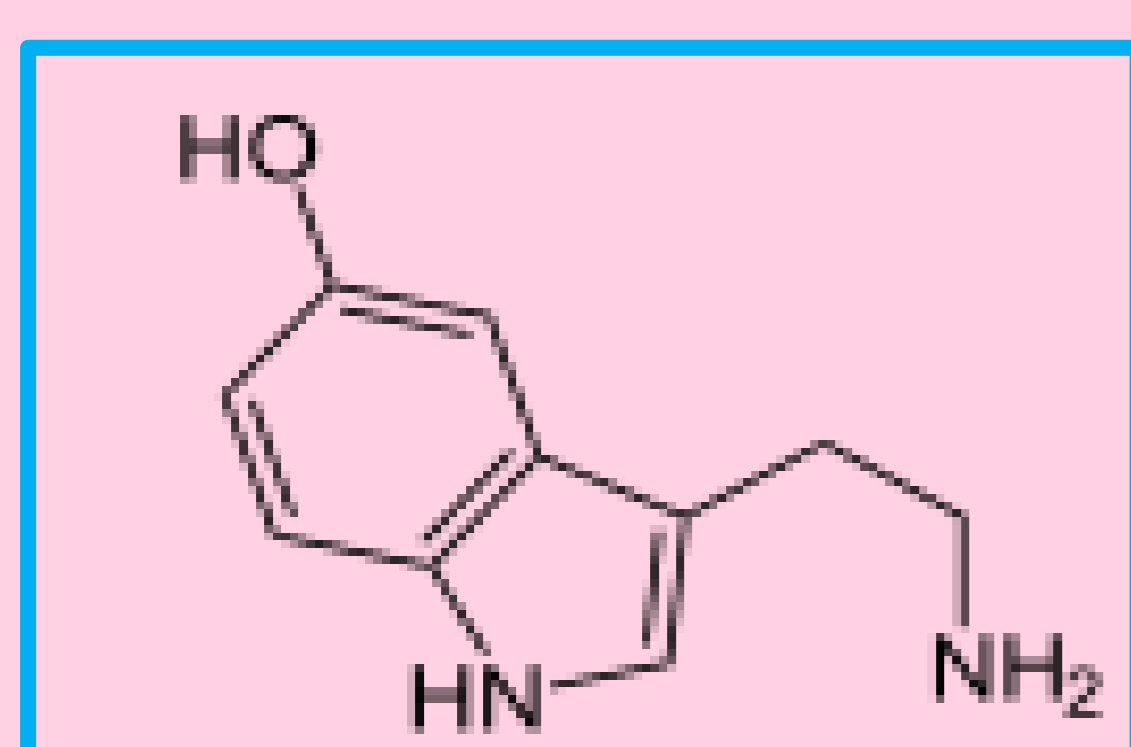


CONCLUSIONS

- The tryptophan and the serotonin are essential for the mood and the emotions
- Tryptophan effects in the organism:
 - ✓ Adjustment of the behavior
 - ✓ Better sleep quality
 - ✓ Helps in the symptoms of depression
 - ✓ Decrease anxiety and stress
 - ✓ Helps in the symptoms of the premenstrual syndrome



5-Hydroxy-L-tryptophan (5-HTP)



Ruta biosintetica de la serotonina (wikipedia, 2007)

DIET GIVES TO ORGANISM BENEFITS AND PLEASURE