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## Comparison of the antidepressant action of tryptophan, tryptophan/5-hydroxytryptophan combination and nomifensine.

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### Abstract

To check the hypothesis that combined treatment with tryptophan and 5-hydroxytryptophan is superior to the administration of tryptophan on its own we studied three groups of 8 patients. One group received tryptophan, the second a tryptophan/5-hydroxytryptophan combination and the third low-dose nomifensine as a control. The trial was performed in the double-blind mode, under strictly standardized conditions, with behavioural therapy and a structured daily routine. Complex covariance analysis of the Hamilton and AMP ratings revealed a superiority of the combination both over tryptophan on its own and over nomifensine.

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