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Double-blind study of 5-hydroxytryptophan versus placebo in the treatment of primary fibromyalgia syndrome.

Caruso I¹, Sarzi Puttini P, Cazzola M, Azzolini V.

Author information

Abstract

A double-blind, placebo-controlled study of the efficacy and tolerability of 5-hydroxytryptophan (5-HTP) was conducted in 50 patients with primary fibromyalgia syndrome. All the clinical parameters studied were significantly improved by treatment with 5-HTP and only mild and transient side-effects were reported. Further controlled studies are required to define properly the value of 5-HTP in patients with primary fibromyalgia syndrome.

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