

**17 OCTOBER 2025**

# **5-HYDROXYTRYPTOPHAN FOUND IN UNKNOWN POWDER**

**A BAGGIE FILLED WITH WHITE POWDER** was brought to CanTEST for testing. The expectations for the contents were unknown by the service user. Testing confirmed the substance is 5-hydroxytryptophan (5-HTP).

5-HTP is available in some other jurisdictions without a prescription (like NZ, UK, EU and USA), however it isn't on the TGA's Permissible Ingredients list in Australia.

5-HTP is converted in the body into serotonin. The effects of 5-HTP are generally quite subtle, and it's sometimes used recreationally after MDMA with the aim of improving mood and to reduce comedown effects.

## **EFFECTS**

However, there are serious contraindication risks that can cause serotonin toxicity and even death, such as mental health medications and other drugs like MAOI (which might be in chung, mixed with DMT), SSRI/SNRI, TCA, atypical antidepressants with serotonin action, Triptans, Tramadol, tapentadol, lithium, serotonergic opioids, DXM, St John's Wort and other drugs like MDMA.

Using 5-HTP during or shortly after MDMA use can raise the risk of serotonin syndrome.

## **REDUCE THE HARM**

*(Naloxone can't reverse a benzo overdose, but it can reverse an unexpected opioid overdose)*



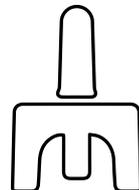
**START LOW,  
GO SLOW**



**TEST IT BEFORE  
YOU TAKE IT**



**NEVER USE  
ALONE**



**CARRY  
NALOXONE**



**POSSIBLE OVERDOSE?  
CALL 000**