|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nos:15** | Baseline | 1h | 2h | 3h | 4h | 5h | 6 h |
| VAMS:  -afraid  -confused  -sad  -angry  -tired  -tense |  |  |  |  |  |  |  |
| Visit 1 | 22.9 | 18.4 | 21.5 | 20.1 | 17.3 | 8.3 | 9.7 |
| Visit 2 | 17.9 | 18.1 | 14.7 | 9.1 | 8.1 | 7.3 | 5.4 |
| Visit 3 | 19.3 | 24.6 | 23.5 | 17.8 | 13.7 | 10.8 | 5.7 |
| VAMS:  Energetic  Visit 1 | 18.4 | 20.8 | 19.3 | 20.7 | 23.1 | 24.9 | 27.8 |
| VAMS:  Energetic  Visit 2 | 20.9 | 21.1 | 20.5 | 23.5 | 24.1 | 24.1 | 24.7 |
| VAMS:  Energetic  Visit 3 | 16.4 | 15.6 | 20.5 | 14.7 | 15.4 | 17.8 | 23.3 |
| VAMS:  Happy  Visit 1 | 56.2 | 43.9 | 37.9 | 39.3 | 41.9 | 45.0 | 44.7 |
| VAMS:  Happy  Visit 2 | 38.9 | 35.7 | 34.7 | 37.33 | 36.0 | 38.0 | 38.1 |
| VAMS:  Happy  Visit 3 | 35.1 | 33.9 | 32.0 | 34.1 | 29.5 | 35.5 | 38.7 |

Table 4. Mean Visual analogue mood scale (VAMS) ratings of the total score of depressive states and the manic (energetic and happy) states over the course of the intervention period at visits 1 to 3.

\*Mean. Lower values indicate closer to neutral state.



Figure 4. Change in tryptophan levels after intake of CGMP and tryptophan in different doses compared to baseline level.

CGMP 20g 40g 60g

Tryptophan 0.6g 1.2g 1.8g

Total area under the curve 746 1022 1225

Std. Error 49.61 76.98 76.03

95% CI 648.8-843.2 871.2-1173 1076-1374