

**DRIED GRIFFONIA SEEDS**  
SPECIFICATION SHEET**BOTANICAL DESCRIPTION**

Griffonia is a tropical shrub of high medicinal value native to West and Central Africa. The genus *Griffonia* was named by botanist Henri Baillon in honour of his friend and fellow physician Marie-Théophile Griffon du Bellay, explorer of Gabon. The plant belongs to the botanical family Caesalpiniaceae, and grows as a woody climber. The plant flowers annually during the later half of the year producing a two-inch pod which explodes with a loud noise when ripe, releasing seeds which are harvested and dried with the shell.

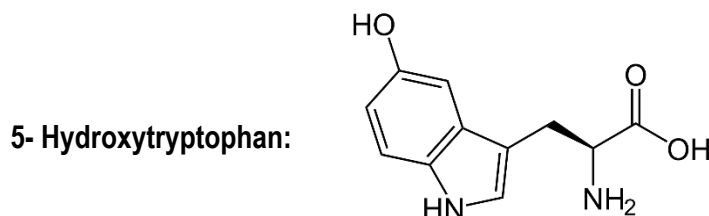
**REGISTRATION NUMBERS**

<b>Botanical Name:</b>	<i>Griffonia Simplicifolia</i>
<b>INCI Name:</b>	<i>Griffonia Simplicifolia</i> Seeds
<b>CAS NUMBER:</b>	56-69-9 [5-hydroxytryptophan]
<b>ECHA EC Number :</b>	NA

**SPECIFICATIONS/ TECHNICAL CHARACTERISTICS**

<b>Colour:</b>	Green (with brown shell)
<b>Odour:</b>	Characteristic
<b>Taste:</b>	Characteistic
<b>Loss on Drying:</b>	Max. 12 %
<b>Foreign matters:</b>	Max. 2 %
<b>Pesticides:</b>	According to EU 396/2005 Regulation

The seeds of *Griffonia simplicifolia* are well-known to be deficient in a critical decarboxylase enzyme involved in the tryptophan metabolic pathway leading to the auto-accumulation of unusually high levels of 5-hydroxytryptophan (5-HTP), which is the chemical precursor of the neurotransmitter, serotonin.



## PROPERTIES AND USES

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Griffonia is beneficial to health thanks to its anxiolytic properties, particularly its high concentration of 5-Hydroxytryptophan. The following non restrictive properties are related to the product:

- ✚ Effect on the nervous system with the function of antidepressant and sedative ;
- ✚ Ease the tension, anxiety and improve the role of sleep ;
- ✚ Effectively control appetite, achieve the effect of losing weight ;
- ✚ Improve microcirculation ;
- ✚ Widely used in pharmaceutical and health industry as raw materials of drugs for anti-bacterial, anti-depressants, anti-tumor and sedation;
- ✚ Used as dietary supplement due to its therapeutic function ;
- ✚ With its sedative and anti-bacterial functions, Griffonia seeds extract is used as additive in cosmetics.

**Undesirable effects :** No serious adverse effect has been related to Griffonia seeds intake. However, too much 5-HTP in human body can cause a spike in serotonin levels, resulting in side effects such as anxiety shivering and heart problem.

## RECOMMENDED STORAGE CONDITIONS

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The dried griffonia seeds should preferably be stored in dry and well-ventilated. The product shelf life under normal storage conditions is estimated to 03 years.