

y chemical giant Solvay sounds like the tryptophan disaster. The amino acid L-tryptophan was used as a mood enhancer and for migraine headaches. People got excited - finally something that worked. At the same time as Prozac was launched, a mysterious contamination of one batch of the amino-acid made by Japanese producer Showa Denko caused all tryptophan products sold as supplements to be taken off the market. Strangely, the tryptophan sold as a medicine remained on sale. The same happened with melatonin, a strong anti-oxidant and regulator of sleep patterns. Once the excitement got "too much", the health authorities removed melatonin from the market in several European countries. Examples of such strange coincidences abound, but let's concentrate on the present. Here is Rob Verkerk's analysis of some of the more recent meta-analyses suddenly found problematic with supplements..." Hasslberger, April, 2000

[www.newmediaexplorer.org](http://www.newmediaexplorer.org)