



LKT Laboratories, Inc.

## 5-Hydroxytryptophol

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### Product Information

Product ID H9812

CAS No. 154-02-9

**Chemical Name**

Synonym 2-(5-Hydroxy-3-indolyl)ethyl alcohol

Formula  $C_{10}H_{11}NO_2$

Formula Wt. 177.20

**Melting Point**

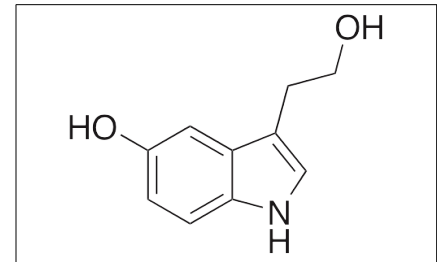
Purity  $\geq 98\%$

Solubility PBS to 0.3 mg/ml, ethanol  
to 30 mg/ml, DMSO to 30  
mg/ml

Store Temp 4° C

Ship Temp Ambient

**Description** 5-hydroxytryptophol is a neuromodulatory analog of serotonin and melatonin found in the needles of the *Pinus sylvestris* tree, wine, and beer, and is also the sleep-inducing component of the 'sleeping sickness' initially produced by the *Trypanosoma brucei* parasite. This compound is often used as a biomarker for recent alcohol consumption as it remains in the body much longer than ethanol. 5-hydroxytryptophol exudes some hypnotic activity, inducing a short-lived sleep state, and marginal antioxidative properties, inhibiting oxidation of LDL in a developmental atherosclerosis model.



**Bulk quantities available upon request**

Product ID	Size
H9812	10 mg
H9812	25 mg
H9812	100 mg

**References** Beck O, Helander A. 5-hydroxytryptophol as a marker for recent alcohol intake. *Addiction*. 2003 Dec;98 Suppl 2:63-72. PMID: 14984243.

Wang HX, Liu F, Ng TB. Examination of pineal indoles and 6-methoxy-2-benzoxazolinone for antioxidant and antimicrobial effects. *Comp Biochem Physiol C Toxicol Pharmacol*. 2001 Nov;130(3):379-88. PMID: 11701394.

Cornford EM, Bocash WD, Braun LD, et al. *Journal of Clinical Investigation* 1979;63(6):1241-8. PMID: [447842](#).

Feldstein A, Chang FH, Kucharski JM. Tryptophol, 5-hydroxytryptophol and 5-methoxytryptophol induced sleep in mice". *Life Sciences* 1970;9 (6):323-9. PMID: 5444013.

**Caution:** This product is intended for laboratory and research use only. It is not for human or drug use.