

5-HTP 50mg

Supports Healthy Serotonin Levels*

- Nutritional Support for a Stressful Lifestyle*
- Support for Healthy Brain Function*
- Helps Maintain Proper Serotonin and Other Neurotransmitter Levels*
- May Help with Occasional Sleeplessness*
- Support for Positive Mood*

5-HTP nutritionally supports healthy brain function by helping to maintain proper serotonin levels.* 5-HTP may provide support for occasional sleeplessness, stress and mild mood fluctuations.*

Directions

Adults take one capsule 1-3 times per day on an empty stomach or as directed by your healthcare practitioner.

Does Not Contain

Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Cautions

If you are pregnant, nursing or taking any medications, consult your doctor before use. Keep out of reach of children. If you are currently taking antidepressant medications, please consult a physician prior to use. May cause drowsiness.

Storage

Keep tightly closed in a cool, dry place.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving		% Daily Value
5-Hydroxytryptophan (5-HTP) (<i>Griffonia simplicifolia</i>) (seed)	50 mg	**

**Daily Value not established.

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.