

ITEM #5317
B5316 03D



ACTUAL SIZE



DOUBLE STRENGTH

5-HTP

L-5-Hydroxytryptophan

100 mg

**Supports Nervous
System Health*
Promotes Feelings
of Well-Being***

Dietary Supplement

120 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Magnesium (as Magnesium Oxide)	25 mg	6%
5-HTP (from Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	100 mg	**
Valerian (<i>Valeriana officinalis</i>) (root)	50 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Gelatin, Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

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

Directions: For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness.

5-HTP is a precursor to serotonin, a neurotransmitter involved in sending messages through the nervous system, which contributes to mood and well-being.* B vitamins promote nervous system health as well, providing nourishment for the stress of daily living.*

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA
800-544-0095 www.GOODNNATURAL.com © 2010 Good 'N Natural®