

USAGE: Take 1 capsule per day on an empty stomach, or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications (especially SSRIs, MAOs, or sedatives), consult your health care practitioner before using this product.

Jarrow FORMULAS® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa. Purity is assured by HPLC. 5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin.*

Keep out of the reach of children.

* 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.

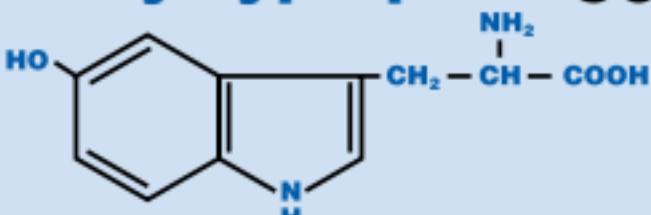
Lot #. Best Used Before:



Jarrow FORMULAS®

5-HTP

5-Hydroxytryptophan 50 mg



Supports Serotonin Synthesis*

50 mg 90 Vegetarian Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule Servings Per Container 90

Amount Per Capsule	% DV
5-HTP (5-Hydroxytryptophan)	50 mg *

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

**Suitable for
vegetarians/vegans.**

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

0510HTP50 PROD # 115044



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KDN-Vita International, Inc.

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CERTIFICATE OF ANALYSIS

L-5-Hydroxytryptophan 99% (Griffonia Seed Extract)

Batch Number: HTP-100522 Quantity: 300kg
Date of Manufacture: May 22, 2010 Botanical Source: *Griffonia simplicifolia* seeds
Retest Date: May 21, 2012 Extraction Solvent: Water & Ethanol

<u>TEST</u>	<u>SPECIFICATION</u>	<u>RESULT</u>
Appearance	Off-white crystalline powder	Conforms
Purity (HPLC dry basis)	99% minimum	99.5%
Peak X	Free	Conforms
Specific Rotation	-30° to -35°	-32.5°
Clarity of Solution (Water)	Clear without visible particle	Conforms
Particle Size	100% through 80 mesh	Conforms
Loss on Drying	1.0% maximum	0.26%
Ash	0.2% maximum	0.11%
Heavy Metals	10ppm maximum	Conforms
Lead (by ICP-MS)	0.5ppm maximum	< 0.05
Cadmium (by ICP-MS)	0.5ppm maximum	< 0.25
Arsenic (by ICP-MS)	1ppm maximum	< 0.5
Mercury (by ICP-MS)	0.1ppm maximum	< 0.1
Pesticides	Meets USP Requirements	Conforms
Residual Ethanol	1000ppm maximum	Conforms
Microbiological		
Total Plate Count	5000cfu/gm maximum	20cfu/gm
Yeast & Mold	1000cfu/gm maximum	Not Detected
E. Coli	Negative	Not Detected
Salmonella	Negative	Negative
Staphylococcus Aureus	Negative	Not Detected
Pseudomonas Aeruginosa	Negative	Not Detected

Made in China Storage: Store in a cool, dry place and keep away from direct strong light in original intact packaging.

Irradiation Statement: Non-Irradiated / Non-EtO Treated.

We hereby certify this is an accurate copy of the manufacturer's original Certificate of Analysis supplemented by additional results from Independent Testing Laboratories.

For: KDN-Vita International, Inc

By:

Robert Powell
President

Jarrow PO # RM002627

Jarrow Ref. # HTP100-10210