

Supplement Facts

Serving Size 1 capsule

Amount per capsule

5-Hydroxy-L-tryptophan 100 mg†

† Daily Value not established

Other Ingredients:

Croscarmellose Sodium,
Magnesium Stearate, Gelatin

Life  Link

Grover Beach, CA 93433

<http://www.lifelinknet.com>

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5-HTP

5-Hydroxy-L-Tryptophan

100

100 mg / 60 capsules

5-HTP (5-hydroxy-L-tryptophan) is the immediate precursor of serotonin. Low levels of serotonin are associated with depression, obesity and sleep disorders. For best results avoid taking Vitamin B6 two (2) hours before or after taking 5-HTP.

Suggested Use: Doses vary according to use. Consult your health care professional.

