

Recommendation: Use under the guidance of a healthcare practitioner. Start with a low dose of 1 tablet (50 mg) taken daily with a meal. Increase the dose slowly (every 3-5 days) up to a maximum of 4 tablets taken daily (200 mg). Total daily intake should be divided into two or more doses, with no more than 2 tablets per dose.

Caution: This product should not be consumed by children under the age of 12 years or by pregnant or lactating women. Some people may experience gastrointestinal (GI) upset including abdominal cramping, nausea, or diarrhea while taking this product. This may be alleviated by reducing the dose or taking with meals. As with any supplement, if discomfort persists discontinue use. Some persons may also experience insomnia or headache when using this product. Those suffering from GI disorders such as ulcer, irritable bowel disease, Crohn's disease, ulcerative colitis, or celiac disease, should not use 5-HTP. Those taking prescription antidepressants such as MAO-inhibitors or selective serotonin reuptake inhibitors (SSRIs) or drugs containing fenfluramine should not use 5-HTP. This product may cause drowsiness and should not be used while driving or operating heavy equipment.



Nature's Way® 5-HTP contains no yeast, milk, lactose, wheat or soy.



dietary supplement

5-HTP

l-5-Hydroxytryptophan with Vitamin B6 & Vitamin C

Natural Griffonia Bean Extract

Precursor to Serotonin

- Enteric coated
- Gentle on the stomach
- Easy-to-swallow tablets



Actual Tablet Size

30 Tablets • 50 mg each

l-5-Hydroxytryptophan is a mood and appetite regulating neurotransmitter produced within the body. Nature's Way® uses natural l-5-HTP extracted from *Griffonia simplicifolia* beans combined with Vitamin C and Vitamin B6.

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 15

Amount Per Serving	% Daily Value	
Vitamin C (ascorbic acid)	120 mg	200%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
5-HTP (l-5-Hydroxytryptophan)	100 mg	**

****Daily Value not established.**

Other ingredients: Cellulose, Maltodextrin, Aqueous coating solution, Modified cellulose gum, Stearic acid, Silica

Double safety sealed with a printed outer shrinkwrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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