

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. *We guarantee it!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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5-HTP  
**L-5-Hydroxy  
Tryptophan 200 MG**  
Peak X Free

**Promotes Calming & Relaxation\***  
Pro-serotonin neurotransmitter

Dietary Supplement

**60 RAPID RELEASE  
CAPSULES**

TO REORDER PROD. # **36199**  
[www.vitaminworld.com](http://www.vitaminworld.com)  
**1-800-228-4533**

Carefully Manufactured by Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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**DIRECTIONS:** For adults, take one (1) capsule one to two times daily as needed or at bedtime as 5-HTP may produce drowsiness.

**Supplement Facts**

Serving Size 1 Capsule

**Amount Per Serving %Daily Value**

5-HTP	200 mg	**
(from Griffonia Extract)		
(Griffonia simplicifolia) (seed)		

\*\*Daily Value not established.

**Other Ingredients:** Rice Flour, Gelatin.  
Contains <2% of: Silica, Vegetable  
Magnesium Stearate.

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