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CODE
P0105

V3

SUGGESTED USAGE: As a dietary supplement, take 1 Vcap® daily, preferably on an empty stomach at bedtime. For intensive use, take up to 3 Vcaps® daily, in divided doses, or as directed by a healthcare practitioner.

HOW IT WORKS: 5-HTP is the intermediate precursor in the natural synthesis of serotonin, a neurotransmitter that helps to regulate mood, appetite, and sleep/wake cycles.* 5-HTP readily crosses the blood-brain barrier and clinical studies suggest that 5-HTP can support healthy serotonin levels.* Serotonin is associated with positive mood and provides a substrate for the production of melatonin.* 5-HTP is extracted from the bean of the African plant *Griffonia simplicifolia*, a natural vegetable source.

CAUTIONS/INTERACTIONS: 5-HTP should be used with caution in combination with any serotonergic drug or herb, including antidepressants and St. John's Wort. If you take any of these medications, consult your healthcare practitioner prior to using this product. Individuals with a history of cardiac conditions, use only under the direction of your healthcare practitioner. Not recommended for pregnant or lactating women. For more information on this product go to www.protocolforlife.com/P0105.

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners. Manufactured in an A-rated Good Manufacturing (GMP) Certified facility.

PROTOCOL
FOR LIFE BALANCE™

5-HTP
(5-hydroxytryptophan)

100 mg

- Natural Source
- Supports Positive Mood*
- Promotes Healthy Sleep Patterns*

90 Vcaps®

A Dietary Supplement Vegetarian Formula



Supplement Facts

Serving Size 1 Vcap®

Amount Per Serving

5-HTP (5-hydroxytryptophan)
(from *Griffonia simplicifolia*) (Seed) 100 mg*

* Daily Value not established.

Other ingredients: Rice Flour and Cellulose (capsule).

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431, U.S.A.

Contains no sugar, salt, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin, is extracted from the bean of an African plant (*Griffonia simplicifolia*).

Vcaps® is a registered trademark of Capsugel.

This bottle contains an Ageless® oxygen absorbing packet to ensure freshness. Do not eat packet.

Store in a cool, dry place. Please Recycle.

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