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CODE
P0108B

V3

SUGGESTED USAGE: Take 1 Vcap® 1-4 times daily in divided doses, preferably on an empty stomach, or as directed by your healthcare practitioner. If GI discomfort is experienced, take less or discontinue use.

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.* Glycine is known to bind to the NMDA receptor, where it exerts inhibitory and neuroprotective effects. In addition, Glycine has been shown to support memory and cognition in scientific studies.* This formula is further enhanced with Taurine and Inositol.

CAUTIONS/INTERACTIONS: 5-HTP should be used with caution in combination with any serotonergic drug or herb. These include dextromethorphan, meperidine, SSRIs, SNRIs, MAOIs, and other antidepressants, as well as 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/P0108

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™

High Potency

5 - HTP

200 mg

- With Glycine, Taurine & Inositol
- Supports Positive Mood*

60 Vcaps®

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Vcap®

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide) (Vitamin B-3)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
5-HTP (5-hydroxytryptophan) (Griffonia simplicifolia) (Seed)	200 mg	†
Glycine	100 mg	†
Taurine	100 mg	†
Inositol	100 mg	†
† Daily Value not established.		

Other ingredients: Cellulose (capsule), Ascorbyl Palmitate and Silica.

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

Made in the U.S.A. www.protocolforlife.com

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

Vcaps® is a registered trademark of Capsugel.

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

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

Vegetarian/Vegan Product.