

**L-5-hydroxytryptophan (5-HTP)** is the direct metabolic precursor of serotonin and is important for the production of melatonin. The production and maintenance of serotonin levels in the brain are directly related to eating and sleeping patterns, mood shifts, tranquility, and compulsive behavior. Use of 5-HTP can help support regular serotonin related functions, such as mood, appetite and sleep patterns.\*\*

- **Natural source from Griffonia Seed**
- **Vegan/Vegetarian friendly**
- **Free of "Peak X" contamination**

\*\*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.

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Lot#  
Best if used by:



# 5-HTP

## 50 MG

Promotes Positive  
Mood & Sleep Patterns\*\*

May Help  
Control Appetite\*\*



30 VEGAN CAPSULES  
DIETARY SUPPLEMENT



**Suggested Usage:** Take 1-3 capsules daily or as directed by your qualified healthcare provider.

### Supplement Facts

Serving Size 1 Vegan Capsule  
Servings Per Container 30

|                                                         | Amount Per Serving | %DailyValue* |
|---------------------------------------------------------|--------------------|--------------|
| L-5-hydroxytryptophan<br>(Griffonia simplicifolia seed) | 50mg               | †            |

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Rice flour, and cellulose capsule.

Contains **NO** added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

**WARNING:** If you are pregnant or breastfeeding, taking prescription medication such as antidepressant, or if you have heart disease, consult your physician before using this product.

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