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Since 1972

5-HTP (precursor to serotonin) balances levels responsible for mood, hunger pangs, and restless sleep. Adaptogenic herbs enhance beneficial effects.*

Recommendation: Take one capsule with a meal three times daily. The 35 mg of 5-HTP in this product allows flexibility when adjusting serving size.

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

NOTICE: Pregnant or lactating women should consult their health care provider prior to taking this supplement. Contact your health care provider if taking any prescription drug. Do not use this product for more than three months without taking a 2-week rest.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

Product of U.S.A.

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Enhanced
Bioavailability
with Vitamin B₆
and Zinc*



5-HTP POWER

5-hydroxytryptophan

Mood • Weight Loss • Sleep*

Dietary Supplement
60 CAPSULES

Stock No. 2806-4

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225

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Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value	
Vitamin B ₆ (pyridoxine HCl)	3 mg	150%
Zinc (gluconate)	3 mg	20%
5-HTP (hydroxytryptophan)	35 mg	*
Proprietary Blend	345 mg	*
Eleuthero Root (<i>Eleutherococcus senticosus</i>)		
Ashwagandha Root (<i>Withania somnifera</i>)		
Suma Bark (<i>Pfafia paniculata</i>)		

*Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable).

Nervous & Immune System Support

GUARANTEED PURE

LOT:
Full Potency Through: