

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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WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **5315**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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B5316 10E



5-HTP

L-5-Hydroxy Tryptophan 100MG

Peak X Free

Promotes Calming & Relaxation*
Pro-Serotonin neurotransmitter

Dietary Supplement

60 RAPID RELEASE CAPSULES

DIRECTIONS: For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Niacin (as Niacinamide) 5 mg	25%
Vitamin B-6 5 mg (as Pyridoxine Hydrochloride)	250%
Magnesium (as Magnesium Oxide) 25 mg	6%
5-HTP (from Griffonia Extract) 100 mg (<i>Griffonia simplicifolia</i>) (seed)	**
Valerian (<i>Valeriana officinalis</i>) (root) 50 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Gelatin, 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.