

SOURCE NATURALS®



5-HTP

BALANCED MOOD*

50 MG • 30 CAPSULES

Dietary
Supplement

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 15

Amount Per Serving	
5-HTP (from <i>Griffonia simplicifolia</i> seed)	100 mg†
†Daily Value not established.	

Other ingredients: microcrystalline cellulose, gelatin (capsule), silica, and magnesium stearate.

5-HTP (L-5-Hydroxytryptophan) is an intermediate in the natural conversion of the essential amino acid tryptophan to serotonin, a brain chemical associated with positive mood and well-being. Preclinical studies show that 5-HTP may help support healthy levels of serotonin in the body. In addition to a balanced mood, serotonin may also support melatonin production and a healthy sleep cycle. **SERENE SCIENCE® 5-HTP** is derived from the seeds of the African plant *Griffonia simplicifolia*.*

Directions: 1 to 2 capsules once or twice daily with meals, or as directed by your healthcare professional.

WARNING: Not for use by children, pregnant or breastfeeding women. If you are taking antidepressants, SSRIs, MAOIs, sedatives, painkillers, or other drugs, or if you have any medical condition, consult your physician before taking 5-HTP. In some people, temporary nausea, diarrhea, or abdominal discomfort may occur. If these symptoms occur, lower the dose, or spread the dose throughout the day. Discontinue use if any of these symptoms persist for more than three days. May cause drowsiness; do not drive or operate heavy machinery until you know how 5-HTP affects you.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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.**

Manufactured for:
© SOURCE NATURALS, INC.
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