

SOURCE NATURALS®



SERENE SCIENCE®

5-HTP

BALANCED MOOD*

Dietary Supplement 200 MG • 60 CAPSULES



Supplement Facts
Serving Size 1 Capsule

	Amount Per Serving
5-HTP (from <i>Griffonia simplicifolia</i> seed)	200 mg†
†Daily Value not established.	

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

Directions: 1 capsule once daily with a meal, or as directed by your healthcare professional.

WARNING: Not for use by children, or women who are pregnant, may become pregnant or breastfeeding. 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. Discontinue use if any of these symptoms persist for more than three days. May cause drowsiness; do not operate machinery or drive a vehicle until you know how 5-HTP affects you.

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*.*

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

STORE IN A COOL, DRY PLACE.

*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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REV H165

