

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 1-3 times daily, before meals.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not use concurrently with antidepressants.

Keep out of the reach of children.



Scan to learn about
our hypoallergenic
supplements

Use only if safety
seal is intact.
Contents may not fill
bottle in order to
accommodate required
labeling. Please rely on
stated quantity.

Certified Gluten-Free
by the Gluten-Free
Certification Organization,
www.gluten.org



5-HTP (5-hydroxytryptophan) 100 mg

Supports brain serotonin levels[†]

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement

180 CAPSULES



Supplement Facts

Serving size 1 capsule
Servings per container 180

	Amount Per Serving	% DV
5-Hydroxytryptophan	100 mg	*
* Daily value (DV) not established		

Other ingredients: hypoallergenic plant fiber (cellulose),
vegetarian capsule (cellulose, water)

[†]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.