

Doctor's Best 5-HTP (5-hydroxy L-tryptophan) contains a naturally occurring metabolite of the amino acid tryptophan. 5-HTP is extracted from the seeds of the *Griffonia simplicifolia* plant. Vitamin B6 and Vitamin C are important co-factors in the 5-HTP's conversion to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons.* 5-HTP provides support to help maintain mental and emotional well-being and promotes healthy sleep.*

Doctor's Best 5-HTP is tested to ensure that it does not contain "Peak X."

Helps support mental and emotional well-being*
Helps promote healthy sleep*

***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 **Doctor's Best, Inc.**
California, 92612 USA

(800) 777-2474 www.drbbvitamins.com



YDRB120-5

**Doctor's
BEST**®

**Science-Based
Nutrition™**

5-HTP Enhanced with Vitamins B6 and C

**HELPS SUPPORT MENTAL
AND EMOTIONAL WELL-BEING***

**Dietary
Supplement**

120 Veggie Caps



Supplement Facts

Serving Size 1 Veggie Capsule

Servings Per Container 120

	Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid)	200 mg	220%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	880%
5-HTP (5-hydroxy L-tryptophan) (from <i>Griffonia simplicifolia</i> extract) (seed)	100 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), silicon dioxide.

Suggested Adult Use: Take 1 capsule with or without food, or more, as recommended by a nutritionally-informed physician.

WARNING: Not to be used when taking MAO inhibitors, selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. It should also not be used by individuals taking any of the category of medications known as "triptans." May impair your ability to drive or operate machinery. Should not be taken by individuals sensitive to Vitamin B6. Keep out of reach of children.

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.