

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. 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons. It produces a calming and relaxing effect providing support to help maintain mental, emotional well-being, and to promote healthy sleep.*

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

Helps promote healthy sleep*

Helps promote calm and relaxation*

Helps support mental and emotional well-being*

*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.



YDRB312-4



**Dietary
Supplement**

**Doctor's
BEST**®

**Science-Based
Nutrition™**

5-HTP

HELPS PROMOTE HEALTHY SLEEP*



100 mg • 180 Veggie Caps

Supplement Facts

Serving Size 1 Veggie Capsule

Servings Per Container 180

	Amount Per Serving	%Daily Value
5-HTP (5-hydroxy L-tryptophan) (from <i>Griffonia simplicifolia</i> extract)(seed)	100 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), microcrystalline cellulose, silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with or without food, or 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. Keep out of reach of children.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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