

5-HTP is a mood/appetite regulating neurotransmitter.*

Warning: This product should not be consumed by children under the age of 12 years, or by pregnant or nursing women. Some may experience gastrointestinal (GI) upset including abdominal cramping, nausea, or diarrhea while taking this product. As with any supplement, if discomfort persists discontinue use. Those suffering from GI disorders such as ulcers, irritable bowel syndrome, Crohn's disease, ulcerative colitis, or celiac disease, should not use 5-HTP. Those taking prescription anti-depressants should not use 5-HTP. Do not take this product if you have or are taking medications for epilepsy, scleroderma, or Parkinson's disease. This product may cause drowsiness, and should not be used while driving or operating heavy equipment.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

◆ LN45250.A01 BLK8021A



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



5-HTP

L-5-Hydroxytryptophan • Vitamin B6 & C

Griffonia Bean Extract • 50 mg per Capsule

Precursor to Serotonin*

- Enteric Coated
- Mood & Appetite*

Actual
Size

60 TABLETS • DIETARY SUPPLEMENT

Recommendation: Take 1-2 tablets three times daily with meals, or as recommended by a healthcare professional.

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV
Total Carbohydrate	<1	<1%†
Vitamin C (ascorbic acid)	120 mg	133%
Vitamin B6 (as pyridoxine HCl)	8 mg	471%
5-HTP (L-5-Hydroxytryptophan) (from Griffonia Bean)	100 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, maltodextrin, sodium croscarmellose, stearic acid, silica, ethylcellulose, sodium alginate, medium-chain triglycerides, oleic acid
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Questions? 1-800-9NATURE / naturesway.com

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors, or preservatives.

