

Suggested Usage: Take 1 capsule daily, preferably on an empty stomach at bedtime. 5-HTP, the intermediate metabolite between the amino acid tryptophan and serotonin, is extracted from the seed of an African plant (*Griffonia simplicifolia*).

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medications (especially antidepressants), or have a medical condition. May cause drowsiness and mild transient GI symptoms. Take with food in case of GI upset. Keep out of reach of children.

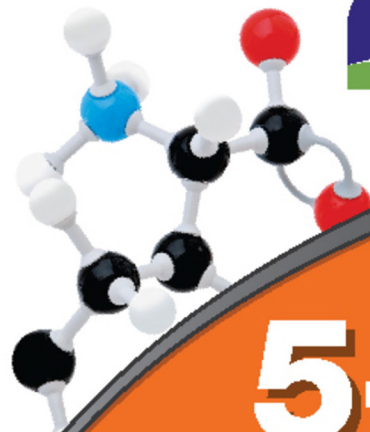
Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0097B V4



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5-HTP

50 mg

Neurotransmitter Support*

Supports a Positive Mood*

30 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	50 mg*
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* Daily Value not established.

Other ingredients: Rice Flour and Hypromellose (cellulose capsule).

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

