

Suggested Usage: Take 1 chewable tablet daily, preferably on an empty stomach at bedtime.

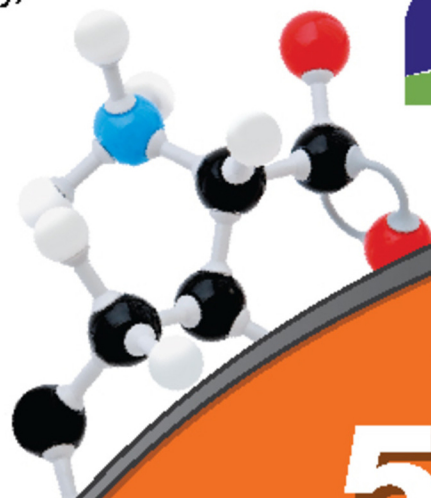
5-HTP, the intermediate metabolite between the amino acid tryptophan and serotonin, is extracted from the seed of an African plant (*Griffonia simplicifolia*).

*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. Contains Xylitol, which is harmful to pets.

Natural color variation may occur in this product.

CODE 0109 V4



*Natural Citrus
Flavor!!*

Chewable
5-HTP
100 mg

Neurotransmitter Support*

Supports a Positive Mood*

90 Chewables

A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving

5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	100 mg*
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* Daily Value not established.

Other ingredients: Xylitol, Sorbitol, Microcrystalline Cellulose, Natural Flavors, Stearic Acid (vegetable source), Hydroxypropyl Cellulose, Silicon Dioxide, Citric Acid and Annatto Seed Extract.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, 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.

