

SUGGESTED USE: Swallow 1 tablet daily. Do not crush or chew. Take on an empty stomach or at least 30 minutes away from food any time of day, or use as directed by your healthcare professional.

If taking SSRI's or MAO inhibitors, do not take without approval from your physician. Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial color, or artificial flavors.

5-HTP Extended Release Meets or Exceeds cGMP Quality Standards.



PHYSICIAN FORMULATED



Seeking Health®

5-HTP Extended Release

200 mg

Dietary Supplement

30 TABLETS

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 30

	Amount Per Serving	% Daily Value
5-HTP (5-hydroxytryptophan)(from <i>Griffonia simplicifolia</i>)(seed)	200 mg	*

* Daily Value (DV) not established.

Other Ingredients: Dicalcium phosphate, HPMC, ascorbyl palmitate, microcrystalline cellulose, guar gum, and silica.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:
Seeking Health, LLC
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Bellingham, WA 98225
(800) 547-9812

REV. 111717
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This package is completely recyclable ♻️