

USAGE: Take 1 capsule per day on an empty stomach or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially SSRIs, MAOs, or sedatives), consult your healthcare professional before using this product.

Jarrow Formulas® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa. Purity is assured by HPLC. 5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin, a hormone secreted by the pineal gland that aids biorhythm regulation.*

Keep out of the reach of children.
Store in a cool, dry place.

* 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.

Distributed Exclusively by:
Jarrow FORMULAS®
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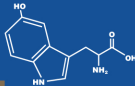
Lot #: Best Used Before:

Jarrow
FORMULAS®

5-Hydroxytryptophan

5-HTP

Supports
Serotonin Synthesis*



100 60 DIETARY
MILLIGRAMS VEGGIE CAPS SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
5-HTP (5-Hydroxytryptophan)	100 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.



www.nsfongmo.org

05419HTP100 PROD # 115043



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