

Long chains of molecularly bonded individual amino acids form protein. The body must first break these molecular (peptide) bonds for amino acid absorption to take place. Solgar's free form amino acids are already in their simplest form (no peptide bonds) and can be readily absorbed into the bloodstream.

Solgar's 5-HTP Vegetable Capsules are free of yeast, wheat, and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free

1-877-SOLGAR 4.

www.solgar.com



5-HTP (FREE FORM)

DIETARY SUPPLEMENT

30 VEGETABLE CAPSULES

SUITABLE FOR VEGETARIANS

SUGAR AND SALT FREE



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%DV
Vitamin B6	10 mg	500%
(as pyridoxine hydrochloride and pyridoxal 5' phosphate)		
Magnesium	50 mg	13%
(as magnesium oxide and fully-reacted magnesium glycinate)**		
5-HTP	100 mg	*
(L-5-Hydroxytryptophan from Standardized Griffonia simplicifolia Seed Extract)		
Valerian	100 mg	*
(Valeriana officinalis)(Root)		
*Daily Value (DV) not established.		

Other Natural Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule twice daily, preferably at mealtime, or as directed by a healthcare practitioner.

Not for use by pregnant or nursing women. If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

**Fully-reacted chelates, Albion process patent No. 4,599,152 Chelazomes.

Solgar's KOF-K certification #K-1250

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

