

Solgar's 5-HTP Vegetable Capsules are free of corn, yeast, wheat, soy, gluten 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.

Solgar's KOF-K certification #K-1250



5-HTP

DIETARY SUPPLEMENT

30 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5' phosphate)	10 mg	500%
Magnesium (as magnesium oxide and fully reacted magnesium glycinate)	50 mg	13%
5-HTP (L-5-Hydroxytryptophan from Standardized <i>Griffonia simplicifolia</i> Seed Extract)	100 mg	*
Valerian Extract (4:1) (<i>Valeriana officinalis</i>)(root)	100 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) vegetable capsules daily with juice or water, between meals, 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. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment.

Keep out of reach of children.

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CAREFULLY MANUFACTURED BY:
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