

This product provides natural-source 5-HTP that is peak X-free. 5-HTP supports your brain's production of serotonin. Together with GABA, (a quieting neurotransmitter), magnesium, and valerian root extract, this formulation helps to promote both a positive mood and a state of relaxation.*

*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.

Carefully Manufactured by:
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B301448 00B

SOLGAR®
Since 1947

5-HTP 100 MG

POSITIVE MOOD SUPPORT*
PROMOTES RELAXATION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

30 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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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 <i>Griffonia simplicifolia</i> Seed Extract)		

Valerian Extract (4:1)	100 mg	**
(Valeriana officinalis) (root)		

**Daily Value (DV) not established

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) vegetable capsules daily, between meals, or as directed by a healthcare practitioner.

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

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

