

Thank you for choosing 5-HTP by Lidtke. We sincerely wish the best of health for you and your family.

Made with ultra-premium 5-HTP and meeting the highest standards, Lidtke 5-HTP is a natural building block of serotonin, the neurotransmitter that controls appetite, mood, normal sleep patterns, and nervous-system health.* Lidtke stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

Best by:

* 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.

Warning: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®

Purest on the Planet

5-HTP

5-Hydroxy L-Tryptophan

Calms Nerves

**Rapid Serotonin
Release***

Superb Quality Since 1994

GMP

120 Vegetarian Capsules • A DIETARY SUPPLEMENT



DIRECTIONS (Adults): Take one (1) capsule two or three times per day with a beverage or meal, or as directed by your doctor.

Supplement Facts

Servings per container: **120**

	Amount Per Serving	% Daily Value
5-HTP (5-hydroxy L-tryptophan) (from Griffonia simplicifolia, seed)	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other ingredients: Vegetarian capsule (kosher), arrowroot flour (hypoallergenic).

No added gluten, yeast, wheat, corn, soy, rice, dairy, eggs, tree nuts, peanuts, fish, shellfish, sugar, artificial color or flavor, or preservatives.
Non-GMO.

Formulated and Distributed by:
LIDTKE Technologies

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Adverse events may be reported above. R0215-1m2y1