



Carlson®

Healthy Mood
5-HTP *Elite*

100 mg



Natural
Raspberry
Flavor

DIETARY SUPPLEMENT

✓ Serotonin Production* ✓ Healthy Mood* ✓ Promotes Relaxation*

60 Tablets

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving		% DV
Vitamin B-6	2 mg	118%
(as pyridoxyl-5-phosphate and pyridoxine HCl)		
5-Hydroxytryptophan	100 mg	†
(from <i>Griffonia simplicifolia</i>)(seeds)		

† Daily Value (DV) not established.

Other Ingredients: Sorbitol, mannitol, stearic acid (veg.), natural flavors, microcrystalline cellulose, silicon dioxide, croscarmellose sodium, magnesium stearate (veg.).

Directions: Adults: take or dissolve two tablets in mouth once or twice daily **at mealtime.**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Healthy Mood 5-HTP Elite is a feel good formula that supports serotonin production.* Serotonin is a major neurotransmitter in our brain. 5-HTP helps provide a sense of well-being and promotes a healthy mood.*

✓ **Gluten-free** ✓ **Soy-free**

✓ **No Artificial Preservatives**

WARNING: DO NOT take if you are pregnant, breastfeeding, or taking prescription anti-depressants or drugs with central nervous system or serotonergic activity (e.g., SSRIs, MAO inhibitors, tricyclics, carbidopa, or tramadol). Consult your physician before use if you are taking prescription medications.

**POTENCY & QUALITY
GUARANTEED**

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