

This product provides natural-source 5-HTP that is peak X-free. 5-HTP supports your brain's production of serotonin. Together with Vitamin B6, 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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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 (as pyridoxine hydrochloride and pyridoxal 5' phosphate)	10 mg 500%
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Magnesium (as magnesium oxide and fully reacted magnesium glycinate)	50 mg 13%
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5-HTP (L-5-Hydroxytryptophan from Standardized Griffonia simplicifolia Seed Extract)	100 mg **
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Valerian Extract (4:1) (<i>Valeriana officinalis</i>) (root)	100 mg **
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**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

