

This product provides natural-source 5-HTP that is peak X-free. 5-HTP supports your brain's production of serotonin. This formulation helps to promote both a positive mood and a state of relaxation.*

Solgar's KOF-K certification #K-1250

*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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Since 1947

5-HTP 100 MG

POSITIVE MOOD SUPPORT*
PROMOTES RELAXATION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

90 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 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**

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness or as directed by a healthcare practitioner.

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

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

