

Non-GMO verified Griffonia seeds extract
standardized to 5-HTP and synergistically
formulated with organic seabuckthorn leaf
to support emotional wellness.*

 **Health Benefits:** Supports positive mood,
appetite control, and overall emotional wellness.*

 **Verified free of** corn, egg, gluten, milk, peanut,
shellfish, and soy allergens by an independent lab

 **No** magnesium stearate, stearic acid, dioxides,
sulfates, artificial ingredients, or preservatives



FREE OF PEAK-X • NON-HABIT FORMING

5-HTP Gold™

100 mg • 120 vegan capsules

HERBAL SUPPLEMENT

Suggested Use: As a dietary supplement, adults take
one (1) capsule daily, preferably on an empty stomach
at bedtime, or as directed by a healthcare professional.

SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 120

Amount Per Serving	
5-HTP (5-hydroxytryptophan) (from Griffonia simplicifolia (seeds))	100 mg†
Organic Seabuckthorn (Hippophae rhamnoides (leaf))	250 mg†

†Daily Value not established.

Other Ingredients: Vegan capsule (plant cellulose)
and organic rice concentrate.

Caution: Please consult a healthcare professional before using
this supplement if you are pregnant, breastfeeding, or taking any
medications, especially MAO inhibitors, SSRIs, or other
anti-depressants. This product may cause drowsiness. Store in
original container away from moisture and direct sunlight. Keep
out of reach of children.

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SKU: N-200



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat, or prevent any disease.