

**Herb Specialists Since 1972**

**5-HTP** (precursor to serotonin) may affect mood, appetite, and sleep. Adaptogenic herbs enhance beneficial effects.\*

**Recommendation:** Take one capsule with a meal three times daily. The 35 mg of 5-HTP in this product allows flexibility when adjusting serving size.

**\*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.**

*Pregnant or lactating women should consult their health care provider prior to taking this supplement. Contact your health care provider if taking any prescription drug. Do not use this product for more than three months without taking a 2-week rest.*

*This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.*

Product of U.S.A.



# 5-HTP POWER

5-hydroxytryptophan

**Mood • Weight Management • Sleep\***

Dietary Supplement

**60 CAPSULES**

**Stock No. 2806**

**NATURE'S SUNSHINE PRODUCTS, INC.**

Spanish Fork, Utah 84660 1-800-223-8225

[naturesunshine.com](http://naturesunshine.com)

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Capsule                                   | % Daily Value |      |
|------------------------------------------------------|---------------|------|
| Vitamin B <sub>6</sub> (pyridoxine HCl)              | 3 mg          | 176% |
| Zinc (gluconate)                                     | 3 mg          | 27%  |
| 5-HTP (hydroxytryptophan)                            | 35 mg         | †    |
| Proprietary Blend                                    | 306 mg        | †    |
| Eleuthero Root ( <i>Eleutherococcus senticosus</i> ) |               |      |
| Ashwagandha Root ( <i>Withania somnifera</i> )       |               |      |
| Suma Bark ( <i>Pfaffia paniculata</i> )              |               |      |

†Daily Value not established.

Other Ingredients: Capsule (gelatin, water), vegetable magnesium stearate.

**Nervous & Immune System Support\***

**GUARANTEED PURE**

LOT:  
Best By: