

5-HTP is a drug-free plant-derived source of an amino acid from the seeds of Griffonia simplicifolia plant that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, thought and sleep.*

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

*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.



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NOVA[®]
NUTRITIONS

5-HTP

(5-Hydroxytryptophan)

Promotes Positive Mood,
Healthy Sleep & Serotonin Synthesis*

100 mg

120 Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 120

	Amount Per Serving	% Daily Value
5-HTP (5-hydroxytryptophan) (Griffonia simplicifolia) (Seed)	100 mg	**
**Daily Value not established.		

OTHER INGREDIENTS: Rice Flour, Gelatin (Capsule).

SUGGESTED USE: As a dietary supplement, take one (1) capsule one to three times daily preferably on empty stomach at bedtime. Consider taking this product in combination with Best Naturals Valerian Root, Relora and Pantothenic Acid.

FREE OF: Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,
Scotch Plains, New Jersey 07076

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Lot#

Exp:

