

ZENWISE HEALTH 5-HTP is a dietary supplement that contains 100 mg of 5-HTP (5-Hydroxytryptophan) and 10 mg of Vitamin B6 to support mood and stress levels. As a naturally-occurring amino acid, 5-HTP has also been shown to promote sleep management, cognitive function, and appetite control for weight management.[†]

 **SUGGESTED USE:** Take 1-2 capsules a day with a meal in the evening, or as recommended by your healthcare professional.

- Provides Natural Mood & Stress Support[†]
- Encourages Mental Clarity & Focus[†]
- Supports Sleep Management[†]
- Promotes Appetite Control[†]



ZENWISE[®]
health

CALMING
5-HTP
STRESS SUPPORT[†]



 **100 MG**

120 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule
Servings Per Container: 120

	Amount Per Serving	% (DV)
Vitamin B6 (Pyridoxine HCl)	10 mg	588%
5-HTP (5-Hydroxytryptophan) (Griffonia Simplicifolia) (Seed)	100 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Silicon Dioxide, Vegetable Cellulose (Capsule), Magnesium Stearate.

Manufactured Exclusively For:
Zenwise Health, LLC
1000 N West Street, Suite 1200-1690
Wilmington, DE 19801
(800) 940-1972 | Support@ZenwiseHealth.com

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CAUTION: Do not exceed the recommended dose. If you are pregnant or nursing, under the age of 18, or have a known medical condition, you should consult a physician before using this or any dietary supplement. Discontinue use immediately if new or worsening symptoms appear. Keep out of reach of children. Do not use if safety seal is broken or missing. Store bottle in a cool, dry place away from sunlight.

[†] 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.