

SUGGESTED USE: Take 1 capsule daily, with or without food on an empty stomach, or as recommended by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before taking this or any dietary supplement.

No GMO, meat, dairy, eggs, wheat, gluten, soy, nuts, shellfish, binders & fillers, coloring, preservatives, gelatin, yeast.

*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.



MANUFACTURED AT AN
FDA
REGISTERED FACILITY

NutraFitz
Naturals

5-HTP 100 MG

WHOLE FOOD GRIFFONIA SIMPLICIFOLIA

- Supports Well-Being & Sleep*
- Vitamin B6 for Serotonin Conversion*
- Helps Manage Appetite*
- Formulated for Enhanced Absorption*



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

Amount Per Serving		% DV
Vitamin B6 (as Pyridoxal 5'-Phosphate)	7 mg	412%
5-Hydroxytryptophan (5-HTP; from Organic <i>Griffonia simplicifolia</i> 98%)	100 mg	**
Organic Sunflower Lecithin	25 mg	**

** Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose Capsule, Organic Brown Rice Flour, All Vegan.

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DIETARY SUPPLEMENT // 120 CAPSULES