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**Suggested Usage:** As a dietary supplement, take 1 capsule, 1-4 times daily or as directed by your health professional.

**Warning:** Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly antidepressants or other psychiatric medications, consult your health professional before use.

5-HTP capsules contain a natural source of L-5-Hydroxytryptophan extracted from the seeds of the *Griffonia simplicifolia* plant.

**KEEP OUT OF THE REACH OF CHILDREN.**

Store in a cool, dry place. Use only if safety seal is intact.

**Guten Free, Non-GMO**

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

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #5HTP V2



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# 5-HTP

## Dietary Supplement

Brain serotonin precursor<sup>†</sup>



**100 Vegetarian Capsules**

## Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 100

	Amount Per Serving	%DV
L-5-Hydroxytryptophan .....	50 mg	*

\*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, capsule (hydroxypropyl methylcellulose), and vegetable stearate

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440