

NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✔ Guaranteed Quality
- ✔ Laboratory Tested

No Artificial Color, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at  
[NaturesBountyRewards.com](http://NaturesBountyRewards.com)

Prod. No. 5315 B52385 12G

Carefully Manufactured by NATURE'S BOUNTY, INC.  
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\*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.



NATURE'S BOUNTY®

5-HTP  
100mg

Supports a Calm and  
Relaxed Mood\*

60 Capsules

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness. If you experience stomach sensitivity, take with food.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Calcium	58 mg	4%
5-HTP (L-5-Hydroxytryptophan) (from Griffonia Extract) ( <i>Griffonia simplicifolia</i> ) (seed)	100 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Dicalcium Phosphate, Gelatin. **Contains <2% of:** Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, including anti-depressants or drugs with central nervous system or serotonergic activity, or have any medical condition, including mental health or gastrointestinal concerns, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

★ Made In The USA with select ingredients from around the world

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