Directions: As a dietary supplement, adults take one capsule daily on an empty stomach, or as directed by a health care professional.

5-HTP is derived from the West African herb known as Griffonia simplicifolia. It has been known to help with supporting healthy serotonin levels which, in turn, may help with depression and anxiety, as well as improving sleep and brain function. It may also help reduce appetite and relieve headaches.†

Store in a cool, dry place and away from direct light.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† 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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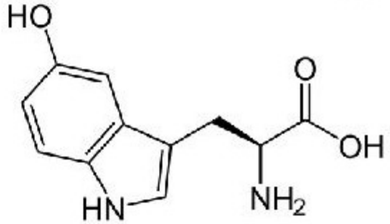
viva™ vitamins

5-HTP

100 MG



5-Hydroxytryptophan†

We always use the highest quality ingredients

premium formulas • 60 capsules • dietary supplement

Supplement Facts

Serving Size: 1 capsules — Servings Per Container: 60

	Amount Per Serving	%DV*
5-Hydroxytryptophan (Griffonia simplicifolia)	100 mg	*

*Percent Daily Value has not been established.

Other Ingredients: Gelatin (capsule), rice flour.

Contains No: Gluten, sugar, salt, yeast, corn, wheat, dairy, citrus, egg, fish products, artificial coloring, flavoring or preservatives.

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