

5-HTP is a precursor to a neurotransmitter called serotonin. Serotonin is known as promoting mental well-being. It is involved in mood, appetite, sleep, memory, and learning.[†]

Our 5-HTP 100 mg is derived from the seeds of the *Griffonia simplicifolia* plant, and is suitable for vegans and vegetarians.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-719-0006

[†] 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.

Plant-Sourced

**5-HTP
100 mg**

Promotes Mental Well-Being[†]

Dietary Supplement

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving	% Daily Value
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5-HTP (from <i>Griffonia simplicifolia</i> (seed))	100 mg *
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*Daily Value not established.

Other Ingredients: Modified cellulose, cellulose, magnesium stearate (vegetable source) and silica.

SUGGESTED USE: Take one capsule per day with or without meals, or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. VL 754-60A



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