

5-HTP (5-hydroxy L-tryptophan) is a naturally occurring metabolite of the amino acid tryptophan. 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons. 5-HTP helps maintain mental and emotional well-being and promotes healthy sleep.* Doctor's Best 5-HTP is extracted from the seeds of the *Griffonia simplicifolia* plant.*

*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 for **Doctor's Best, Inc.**
San Clemente, CA 92673
(800) 777-2474
www.drbbvitamins.com



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Doctor's BEST[®]

Science-Based
Nutrition[™]
Dietary
Supplement

5-HTP
Enhanced
with Vitamins B6 & C
HELPS MAINTAIN MENTAL
& EMOTIONAL WELL-BEING*

120 Veggie Caps

Supplement Facts

Serving Size 1 capsule

Servings per container 120 servings

	Amount per serving	%Daily Value
Vitamin C	200 mg	333%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	750%
5-hydroxy L-tryptophan	100 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), rice powder, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 1 capsule, 1-3 times daily, with or without food.

CAUTION: Not to be used when taking MAO inhibitors, selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. It should also not be used by individuals taking any of the category of medications known as "triptans."

KEEP OUT OF REACH OF CHILDREN

Best 5-HTP is tested to ensure that it does not contain "Peak X"

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS