

Each preservative-free vegetarian capsule contains only the active ingredients listed on the label. **Excipient-free.**

STORAGE: Keep tightly closed in a dry place; do not expose to excessive heat.

KEEP OUT OF THE REACH OF CHILDREN.

CAUTION: Do not take with MAO inhibitors or tricyclic antidepressants. Pregnant or lactating women, consult your healthcare professional before taking this product.

Manufactured in a GMP Certified Facility
Metabolic Maintenance Products
PO Box 940, Sisters, Oregon 97759
www.metabolicmaintenance.com



**Metabolic
Maintenance**

AMINO ACID SUPPLEMENT

5-HTP

120 CAPSULES

50 MG

DIRECTIONS: One (1) capsule daily as a dietary supplement, or as directed by a Doctor. Best taken between meals or at bedtime.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value
Vitamin B-6 (as 5 mg Pyridoxal 5' Phosphate)	3 mg 150%
5-Hydroxy-L-Tryptophan	50 mg *
Glycine	220 mg *

* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule