

We believe that Amazing Nutrition™ is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

5-HTP is an amino acid that is naturally produced within the body. It is beneficial to the body for overall well-being, as it may help to regulate appetite, sleep cycle, and support sexual health.\* It may help to reduce anxiety and stress, resulting in a more balanced and rested mood.\* 5-HTP supports healthy weight management by helping to suppress appetite and reducing feelings of hunger, resulting in a lower intake of calories.\*

KEEP OUT OF REACH OF CHILDREN  
STORE IN A COOL, DRY PLACE  
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING



Manufactured for and Distributed by:  
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat or diagnose any disease.



AMAZING AN NUTRITION

AMAZING FORMULAS

DIETARY SUPPLEMENT

# 5-HTP

- Promotes Positive Mood & Restful Sleep\*
- Help Reduce Anxiety and Stress\*
- Calming and Relaxing Effect\*

200 MG  
120 VCAPS



## Supplement Facts

Serving Size: 1 VCap	Serving Per Container: 120	Amount Per Serving	%Daily Value	
		5-HTP (L-5-Hydroxytryptophan) (from Griffonia Extract) ( <i>Griffonia simplicifolia</i> ) (seed)	200 mg	**
**Daily Value not established.				

OTHER INGREDIENTS: Cellulose, Silica, Magnesium Stearate, Vegetable Cellulose (Capsule)

**SUGGESTED USE:** As a dietary supplement, adults take two (2) vegetarian capsules once daily as needed or at bedtime as 5-HTP may produce drowsiness, or as directed by a health care professional.  
**CAUTION:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, 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.

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