

USAGE: Take 1 capsule per day on an empty stomach or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially if taking SSRIs, MAOs, or sedative medications); if adverse reactions occur, discontinue use.

Jarrow Formulas® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa. Purity is assured by HPLC. 5-HTP is the direct metabolic precursor to serotonin and is important for the production of melatonin, a hormone secreted by the pineal gland that aids biorhythm regulation.*

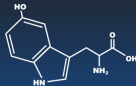
Keep out of the reach of children.
Store in a cool, dry place.

*** 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.**



Lot #. Best Used Before:

Jarrow
F O R M U L A S



5-Hydroxytryptophan

5-HTP

Supports
Serotonin Synthesis*

100 MG

60 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i>) (Seed)	100 mg †
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† Daily Value (DV) not established.

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154



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04221HTP100 PROD # 115043



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