

Directions: Adults: Take one (1) veggie capsule once or twice daily, preferably on an empty stomach, or as directed by a physician.

Healthy Origins® **5-HTP** (5-Hydroxytryptophan) is a naturally occurring substance extracted from the seeds of the *Griffonia simplicifolia* plant. **5-HTP** is a precursor to serotonin which is a vital neurotransmitter in the body. Serotonin is one of the primary neurotransmitters which supports healthy mood, appetite, and sleep.*

Healthy Origins® **5-HTP** is guaranteed to be free of the "peak x" contaminant.*

*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.



Healthy Origins®



Naturally Sourced



5-HTP

- Supports a positive mood*
- Vegetarian Formula

50 mg • 60 Veggie Capsules

Dietary Supplement

Supplement Facts

Serving Size: 1 Veggie Capsule

Amount Per Serving	%DV
5-HTP (5-Hydroxytryptophan) (<i>Griffonia simplicifolia</i> Seed Extract)	50 mg†

† Percent Daily Value (%DV) not established

Other Ingredients: Rice Flour, Vegetable Capsule (HPMC, Water).

Does not contain Sugar, Yeast, Wheat, Gluten, Soy, Barley, Fish, Shellfish, Peanuts, Egg or Milk. No Artificial Sweeteners, Flavors, Colors or Preservatives.

Caution: Do not use if you are pregnant, nursing, or have a medical condition. If you are taking anti-depressant SSRI's, MAOI's, or sedatives, please contact a physician before use. May cause drowsiness.

Distributed by:

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