5-HTP is a drug-free plant-derived source of an amino acid from the seeds of Griffonia simplicifolia plant that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, thought and sleep.† Certain research publications indicate that 5-HTP may help support the following:

- > Supports relaxation and restful sleep.†
- > Supports appetite control.†
- > Supports positive mood.†

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.
Do not use if safety seal is broken or missing.
Keep in 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.





## 5-Hydroxytryptophan

## Premium Formula

50 mg 3rd Party Lab Tested

120 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 120

Amount Per Serving %Daily Value

5-HTP (5-hydroxytryptophan) (Griffonia simplicifolia) (Seed)

50 mg

\*Daily Value not established.

Other Ingredients: Rice Flour, Capsule (bovine gelatin).

suggested USE: As a dietary supplement, take one (1) capsule one to three times daily preferably on empty stomach at bedtime. Consider taking this product in combination with Best Naturals Valerian Root, Relora and Pantothenic Acid.

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

Manufactured for Best Naturals,
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www.shopbestnaturals.com
For additional information call: 1-877-659-6004
Lot# Exp#

