

5-HTP

Available Sizes: 30 Capsules, 45 Capsules, 60 Capsules



Directions: Take 1 capsule, up to two times daily, with food.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

Amount Per Serving

5-HTP (5-Hydroxytryptophan) 100 mg*
(from *Griffonia simplicifolia*) (seed)

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Water, Rice Flour, Magnesium Stearate, Silica.