

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.



**MADE IN USA**



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# 5-HTP

## 5-Hydroxytryptophan

### Premium Formula

# 200 mg

### 3rd Party Lab Tested

120 Vegetarian Capsules

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 120

	Amount Per Serving	%Daily Value
5-HTP (5-hydroxytryptophan) (Griffonia simplicifolia) (Seed)	200 mg	*

\*Daily Value not established.

Other Ingredients: Rice Flour, Capsule (vegetable cellulose).

**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,  
PO Box 394, Kenilworth NJ 07033 USA

[www.shopbestnaturals.com](http://www.shopbestnaturals.com)

For additional information call: 1-877-659-6004

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Exp#

