

It's fun to feel good.

5-HTP is the raw material your body uses to make serotonin, the master mood-regulating neurotransmitter. Increasing the amount of 5-HTP in your body supports serotonin production.\*

Because 5-HTP has a very short half-life in the body, we employ our patented *Sustained Release Technology (SRT)*, so that you get a longer-lasting effect.\*

And to ensure you get the finest quality of 5-HTP available, we use only the highest quality form from the seeds of the *griffonia simplicifolia* tree primarily found in the West African countries.

**Should not be used if tamper-evident seal is broken. Keep out of 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.



 Jigsaw<sup>®</sup>  
HEALTH

It's fun to feel good.

**5-HTP<sup>w/</sup>SRT<sup>®</sup>**

5-HYDROXYTRYPTOPHAN



Maintains mental and emotional well-being.\*



120 TABLETS | NUTRITIONAL SUPPLEMENT

## Supplement Facts

120 servings per container

**Serving Size** **1 tablet**

	Amount per serving	%DV
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed extract)	100 mg	†

† Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose (binder), Stearic acid (lubricant), Guar Gum (used to achieve SRT), Hydroxypropyl Cellulose (plant-based insoluble fibers used to achieve SRT), Magnesium Stearate (lubricant), Croscarmellose Sodium (plant based insoluble fiber used as disintegrant), Xanthan Gum (used to achieve SRT), Clear Coating (hydroxypropyl methylcellulose and sunflower oil) Silicon Dioxide and Micro Wax.

**Suggested Use:** Take 1 tablet daily, with or without food. Or use as directed by your healthcare professional.



**Product of the U.S.A.** with select ingredients thoughtfully curated from around the world.