

Suggested Usage: Take 1 capsule daily, at bedtime, preferably on an empty stomach. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements. 5-HTP should not be used by individuals taking anti-depressant medications such as MAO Inhibitors (MAOIs) or Selective Serotonin Re-uptake Inhibitors (SSRIs). May cause drowsiness and mild digestive upset.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F).

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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CALIFORNIA **GOLD** NUTRITION®

5-HTP

100mg

Sourced from Switzerland

Supports Healthy Mood*

Formulated to Contain



90 Veggie Capsules
Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

	Amount Per Serving	% Daily Value
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Seed Extract)	100mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose (Veggie Capsule), Rice Extract, and Rice Concentrate.

This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.

All California Gold Nutrition® products come with a 100% GOLD Guarantee. If you are not completely satisfied with your purchase, return the unused portion within 90 days for a full refund.