

5-HTP SAP™ naturally supports serotonin production, helping to regulate normal sleep, positive mood, appetite control, and body temperature.*

All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

Directions for use: Adults: Take 1-2 capsules three times daily or as directed by your healthcare practitioner.

Contains no: gluten, soy, wheat, corn, eggs, dairy, preservatives, artificial flavor or color, sugar, or starch.

Cautions and warnings: Some patients experience nausea or gastrointestinal upset and drowsiness when taking 5-HTP. If this occurs, please discuss dosing with your healthcare practitioner. Please consult your healthcare practitioner before using this product if you are taking medications or supplements that have serotonergic activity; these include many antidepressants, St. John's wort, L-tryptophan, cold medications containing the ingredient dextromethorphan and some antimigraine medications. Consult your healthcare practitioner before using if you are pregnant or breast-feeding.

This product is non-GMO and vegan friendly.

Do not use if seal is broken. Keep out of reach of children.

Color, size and smell may vary from one lot to another.

* 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-HTP SAP

50 mg

Supports serotonin production*

DIETARY SUPPLEMENT

nfh.ca

90 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings: 90

	Amount Per Serving	% Daily Value
L-5-hydroxytryptophan (L-5-HTP)	50 mg	**

** Daily Value not established.

Other ingredients: Vegetable magnesium stearate, silicon dioxide and microcrystalline cellulose in a capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA
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NFH-1075U

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