

**CAUTION:** Do not take with MAO inhibitors or tricyclic antidepressants. Pregnant or lactating women, consult your healthcare professional before taking this product.

Keep tightly closed in a cool, dry place, out of the reach of children.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE

Manufactured in a GMP Compliant Facility  
Metabolic Maintenance®  
601 N Larch Street, Sisters, Oregon 97759  
Contact # 800-772-7873  
MetabolicMaintenance.com



**METABOLIC**  
MAINTENANCE®

DIETARY SUPPLEMENT

5-HTP  
100 mg

120 CAPSULES

**DIRECTIONS:** One (1) capsule daily, or as directed by a healthcare professional. Best taken between meals or at bedtime.

### Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin B-6 (as 5 mg Pyridoxal 5' Phosphate)	3 mg	176%
5-Hydroxytryptophan	100 mg	*
Glycine	300 mg	*

\* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule

V-09