

**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, starch, or sugar.

**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**

**100 mg**

**Supports Serotonin Production\***

**DIETARY SUPPLEMENT**

[nfh.ca](http://nfh.ca)

**90 CAPSULES**

## Supplement Facts

Serving Size: 1 Capsule

Servings: 90

	Amount Per Serving	% Daily Value
L-5-Hydroxytryptophan (L-5-HTP)	100 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  
NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.  
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