

**SUGGESTED USAGE:** Take one capsule per day, or as directed by your health care practitioner.

**WARNING:** Not recommended for use by pregnant or lactating women, or by those taking SSRI or MAOI medications.

Does not contain gluten.

STORE AT ROOM TEMPERATURE  
KEEP OUT OF REACH OF CHILDREN.

Item# HTU060-PL-5



PUF1145



*Live life pure.*

**PURE  
FORMULAS**

**5HTP Assist**



NON-GMO

60 VEGETARIAN CAPSULES  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	20 mg	1176%
5-HTP (5-Hydroxytryptophan)	100 mg	*

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), L-leucine.



Manufactured for:  
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