

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including anti-depressants or drugs with central nervous system or serotonergic activity, or have any medical condition, including mental health or gastrointestinal concerns, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER ITEM # 5315
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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www.puritan.com

 **Puritan's Pride**

5-HTP
L-5-HYDROXY-
TRYPTOPHAN 100MG
PEAK X FREE

PROMOTES A CALM AND RELAXED MOOD*

DIETARY SUPPLEMENT

60 Rapid Release
Capsules

DIRECTIONS: For adults, take two (2) capsules once daily as needed or at bedtime as 5-HTP may produce drowsiness. If you experience stomach sensitivity, take with food.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving		%Daily Value
Calcium	126 mg	10%
5-HTP (L-5-Hydroxytryptophan) (From Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	200 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Gelatin. Contains <2% of: Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.