

## Support Healthy Serotonin Levels & Enhance Mood

5-Hydroxytryptophan (5-HTP) is a chemical that the body makes from an essential amino acid that you get from the diet. After tryptophan is converted into 5-HTP, the chemical is then changed into another chemical, serotonin, a neurotransmitter, which relays signals between brain cells.

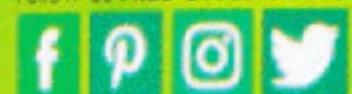
## Enhance Sleep & Reduce Appetite

Serotonin helps regulate mood and behavior, meaning 5-HTP may have a positive effect on sleep, mood, anxiety, appetite, and pain sensation. Some doctors consider 5-HTP to be the best natural appetite suppressant. 5-HTP is the immediate nutrient precursor to the neurotransmitter serotonin, also known as 5-HT (5-hydroxytryptamine). Serotonin has many profoundly important functions including a role in sleep, appetite, memory, learning, temperature regulation, mood, sexual behavior, cardiovascular function, muscle contraction, and endocrine regulation.

5-HTP is not found in the foods we eat, although tryptophan is. Eating foods with tryptophan does not significantly increase 5-HTP levels.

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**HPLC Verified**

**NutraKey**  
Health Performance INC

**MENTAL  
PERFORMANCE**

**ULTRA PURE  
INGREDIENTS**

# 5-HTP

Ultra Micronized **Max Bioavailability**

## IMPROVES WELL-BEING

- SUPPORT HEALTHY SEROTONIN LEVELS
- REDUCE STRESS & ANXIETY
- IMPROVE BRAIN FUNCTION

**PHARMACEUTICAL GRADE**

**120 Capsules**

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule	Amount Per Serving	%DV
Servings per container: 120		
5-HTP (5-Hydroxytryptophan)	100 mg	**

\*\* Daily Value not established.

Other Ingredients: Gelatin (Capsule), Rice Flour.

**Recommended Use:** Take 1 serving (1 capsule) with water or your favorite beverage twice daily on an empty stomach or with food. Take first dose in the morning and second dose mid-day or evening depending on preference.

- INCREASE SENSE OF WELL-BEING
- SUPPRESS APPETITE
- REDUCE STRESS & ANXIETY
- ENHANCE SLEEP CYCLE
- IMPROVE BRAIN FUNCTION
- BOOST ENERGY LEVELS

**MADE IN THE USA**

975 Bennett Drive  
Longwood, FL 32750

**Pure Nutrition Go Green**

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken. 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.