

For more information, please visit [integrativepro.com](http://integrativepro.com).

**Recommendation:** Adults take 1 capsule one to three times daily before meals, or as recommended by a healthcare professional.

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no salt, wheat, gluten, corn, soy, dairy, or artificial colors, flavors, or preservatives.

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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.

INTEGRATIVE  
THERAPEUTICS®

5-HTP

5-HYDROXYTRYPTOPHAN

60 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
L-5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> Bean)	50 mg**

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose)

**Warning:** Do not take this product if you are under 12 years of age, or if you are pregnant or nursing. Do not take this product if you have or are taking medication for epilepsy, scleroderma, Parkinson's disease or if you are taking anti-depressants. If you suffer from gastrointestinal (GI) disorders such as ulcers, irritable bowel syndrome, Crohn's disease, ulcerative colitis, or celiac disease, you should not use 5-HTP. If you are taking any medications, consult a healthcare professional before use. Some individuals may experience GI upset including abdominal cramping, nausea, or diarrhea while taking this product, if discomfort persists discontinue use. This product may cause drowsiness. Do not drive or operate heavy machinery while taking this product.