

PRODUCT BENEFITS: 5-HTP is a precursor to serotonin, a neurotransmitter involved in sending messages through the nervous system.* This formula also includes Vitamin B6 to promote nervous system health, Magnesium, and the herb Valerian.*

Directions: For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, 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.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

PROD. NO. 5318

To refill please call 1-800-765-6775

or visit www.physiologics.com

Carefully Manufactured by PhysioLogics, LLC

2100 Smithtown Ave., Ronkonkoma, NY 11779 U.S.A.



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PhysioLogics®

5-HTP

L-5-Hydroxytryptophan

100 mg

Supports
Nervous System Health*

Dietary Supplement
120 Vegetarian Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride and Pyridoxal-5'-Phosphate)	10 mg	500%
Magnesium (as Magnesium Oxide and Magnesium Glycinate)	50 mg	13%
5-HTP (from Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	100 mg	**
Valerian Root Extract (<i>Valeriana officinalis</i>)	100 mg	**

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Vegetable Magnesium Stearate.

FREE OF: artificial color, artificial flavor, artificial sweetener, preservatives, sugar, starch, milk, lactose, soy, gluten, wheat, yeast, fish, sodium.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

Store at room temperature and avoid excessive heat.

Laboratory Tested to Guarantee Quality

For Health Care Professional Use Only

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