

5-HTP is a precursor to serotonin.* Serotonin is a neurotransmitter involved in sending messages through the nervous system, which contribute to a person's mood and well-being.*

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.

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 5315 B52385 08F

NATURE'S  BOUNTY®

5-HTP
100mg

**Promotes a
Calm and
Relaxed Mood***



60 capsules DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
5-HTP (L-5-Hydroxytryptophan) (from Griffonia Extract) (Griffonia simplicifolia) (seed)	100 mg **

**Daily Value not established.

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

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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A. © 2013 Nature's Bounty, Inc.