

SUGGESTED USAGE: Take 1 capsule 1 to 2 times daily, preferably on an empty stomach before bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: 5-HTP is the intermediate precursor in the natural synthesis of serotonin, a neurotransmitter that helps to regulate mood, appetite, and sleep/wake cycles.* 5-HTP readily crosses the blood-brain barrier and clinical studies suggest that 5-HTP can support healthy serotonin levels.* Serotonin is associated with a positive mood and provides a substrate for the production of melatonin.* This formula includes B-vitamins as cofactors, and is further enhanced with glycine, taurine, and inositol.

CAUTIONS/INTERACTIONS: May cause mild, but transient GI discomfort. 5-HTP should be used with caution in combination with any serotonergic drug or herb, including SSRIs, MAOIs and St. John's wort. If you are taking any of these medications or if you are planning any surgical procedures, consult your healthcare practitioner prior to using this product. Individuals with a history of cardiac conditions, use only under the direction of your healthcare practitioner. Not recommended for pregnant or nursing women.

*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.

CODE
P0108B
V6



**PROTOCOL
FOR LIFE BALANCE®**

5-HTP
(5-hydroxytryptophan)
200 mg

- Supports a Positive Mood*
- With Glycine, Taurine & Inositol



60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide) (Vitamin B-3)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	200 mg	†
Glycine (Free-Form)	100 mg	†
Taurine (Free-Form)	100 mg	†
Inositol	100 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Ascorbyl Palmitate and Silicon Dioxide.

Formulated & Distributed by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.