

Thank you for choosing 5-HTP by LIDTKE. We sincerely wish the best of health for you and your family.

Made with ultra premium 5-HTP and meeting the highest standards, LIDTKE 5-HTP is a natural building block of serotonin, the neurotransmitter that controls appetite, mood, normal sleep patterns, and nervous-system health.* LIDTKE stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

Best by:

***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.**

Warning: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®

Superb Quality Since 1994

5-HTP

5-Hydroxy L-Tryptophan

Calms Nerves

**Relieves Carb/Sugar Cravings*
Rapid Release**



Purest on the Planet



120 VEGAN Capsules • A DIETARY SUPPLEMENT

DIRECTIONS (Adults): Take one (1) capsule two or three times per day with a beverage or meal, or as directed by your doctor.

Supplement Facts

Servings per container: 120

	Amount Per Serving	% Daily Value
5-HTP (5-hydroxy L-tryptophan) (from Griffonia simplicifolia, seed)	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other ingredients: Vegan capsule (hypromellose-derived from plant cellulose), arrowroot flour (hypoallergenic).

No added gluten, yeast, wheat, corn, soy, rice, dairy, eggs, tree nuts, peanuts, fish, shellfish, sugar, artificial color or flavor, or preservatives.
Non-GMO.

Formulated & Distributed by LIDTKE

Chandler, AZ 85226 • 1-800-404-8185

www.lidtke.com

Adverse events may be reported above. 395-R0120