

SOURCE NATURALS®



DIETARY SUPPLEMENT

5-HTP

**L-5-HYDROXYTRYPTOPHAN
SUPPORTS NORMAL SLEEP CYCLES***

50 MG • 30 CAPSULES

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 15

	Amount Per Serving
5-HTP (from <i>Griffonia simplicifolia</i>)	100 mg†
†Daily Value not established.	

Other ingredients: microcrystalline cellulose, gelatin (capsule), silica, and magnesium stearate.

5-HTP (L-5-Hydroxytryptophan) is an intermediate in the natural conversion of the essential amino acid, tryptophan, to serotonin. Clinical studies have shown that 5-HTP increases the amount and availability of serotonin produced by the body. Increased brain serotonin levels may produce positive effects on emotional well-being, appetite regulation, melatonin production and maintaining a healthy sleep cycle.* Source Naturals 5-HTP is naturally derived from the seeds of the African plant *Griffonia simplicifolia*.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Directions: 1 to 2 capsules once or twice daily with a glass of water. Start with 1 capsule per day, increasing dosage up to 4 capsules daily as needed. Do not exceed the recommended dose.

WARNING: In some people, nausea, headaches, nasal congestion, or constipation may occur. If these symptoms occur, lower the dose, or spread the dose throughout the day. Discontinue use if any of these symptoms persist for more than three days. If you are pregnant, may become pregnant, or breastfeeding, taking prescription medication such as antidepressant SSRIs, MAO inhibitors or sedatives, or if you have heart disease, consult your physician before using this product.

***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.**

Manufactured for:
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