

SOURCE NATURALS®



SERENE SCIENCE®

5-HTP

BALANCED MOOD*

100 MG • 120 CAPSULES

Dietary
Supplement

Supplement Facts

Serving Size 1 Capsule

	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, a brain chemical associated with positive mood and well-being. Preclinical studies show that 5-HTP may help support healthy levels of serotonin in the body. In addition to a balanced mood, serotonin may also support melatonin production and a healthy sleep cycle. **SERENE SCIENCE® 5-HTP** is derived from the seeds of the African plant *Griffonia simplicifolia*.*

Directions: 1 capsule once or twice daily with a glass of water. Start with 1 capsule per day, increasing dosage up to 2 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.

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

HYPOALLERGENIC: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

SN1696 REV L142-A



Manufactured for:
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