

DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPSULE ONE TO TWO TIMES DAILY AS NEEDED OR AT BEDTIME AS 5-HTP MAY PRODUCE DROWSINESS. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
5-HTP 200 mg (from Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	**

**Daily Value not established.

Other Ingredients: Rice Flour, Gelatin, Silica, Vegetable Magnesium Stearate.

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.

Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Sundown
Naturals[®]

MAXIMUM STRENGTH

5-HTP

L-5-Hydroxytryptophan

Fast Acting

**Supports a Calm &
Relaxed Mood***

30 CAPSULES DIETARY SUPPLEMENT

Smart Facts

5-HTP is a precursor to serotonin, a neurotransmitter involved in sending signals to the brain that contribute to well-being.* 5-HTP supports a calm and relaxed mood and helps you maintain a positive outlook.*

*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: Not intended for use by pregnant or nursing women. If you are taking any medications, 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 IN A DRY PLACE AND AVOID
EXCESSIVE HEAT. TAMPER
RESISTANT: DO NOT USE IF SEAL
UNDER CAP IS BROKEN OR MISSING.**



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