

PROD. NO.
5315

RADIANCE®

5-HTP

L-5-Hydroxytryptophan

100 mg

**Supports
Nervous
System Health***

**Dietary
Supplement**

60 CAPSULES



B5316

02B

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Calcium	37 mg	4%
Magnesium (as Magnesium Oxide)	25 mg	6%
5-HTP (from Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	100 mg	**
Valerian (<i>Valeriana officinalis</i>) (root)	50 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Gelatin, Silica, Vegetable Magnesium Stearate.

Directions: For adults, take one (1) capsule twice daily as needed or before bedtime. As a reminder, discuss the supplements and medications you take with your health care providers.

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.

www.RadianceVitamins.com
Carefully Manufactured by Radiance
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5-HTP is a precursor to serotonin, a neurotransmitter involved in sending messages through the nervous system.* This formula also includes B vitamins to promote nervous system health and the herb Valerian.*

*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 for use by pregnant or lactating women. **Avoid this product if you have heart problems or are taking antidepressants or weight-control drugs.** May Cause Drowsiness: Do not drive a motor vehicle or operate heavy machinery while using this product. **Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION** or if you are taking ANY MEDICATIONS OR REMEDIES, including OTC medications, or are planning any medical procedure. **Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort, or headache. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

ACTUAL SIZE