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L-5-Hydroxytryptophan
100 mg
Supports
Nervous
System Health*

Dietary
Supplement

60 CAPSULES

RADIANCE® 5-HTP

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
Ronkonkoma, NY 11779 U.S.A.
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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