

Supplement Facts

Serving Size: 1 Capsule

Servings Per Bottle: 90

Amount per serving		DV
5-Hydroxytryptophan	100mg	*
Magnesium Glycinate	230mg	32%
Niacin (Vitamin B3)	10mg	63%
Pyridoxine (Vitamin B6)	2mg	125%
Zinc (as Zinc Acetate)	4mg	45%

* Daily Value not established

Other ingredients vegetarian capsule shell, magnesium stearate

Store Cool and Dry
Keep Out of Reach of Children



Everyday Health

Enhanced

5-HTP

100mg

+ co-factors

Serotonin Support



90 Capsules
DIETARY SUPPLEMENT

Directions:

Adults, take up to 3 capsules per day.

Caution:

Check with your doctor first if you are already taking other supplements or drugs. If you are currently taking, or within the last 90 days have taken, any anti-stress, anti-anxiety, weight-control drugs, other serotonin-modifying agents, or anti-depression medications, do not take 5-HTP supplementation without first consulting your physician.



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