

100%
QUALITY

SATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

5-HTP

5-HYDROXYTRYPTOPHAN

200 mg PER
SERVING

GLUTEN FREE
NON GMO

NT 3960
B3960 E

DIETARY
SUPPLEMENT

50 QUICK RELEASE
CAPSULES

Supplement Facts

Serving Size: 2 Quick Release Capsules
Servings Per Container: 25

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

*Daily Value not established.

OTHER INGREDIENTS: Rice Powder, Gelatin Capsule, Vegetable Magnesium Stearate, Silica.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

SUPPORTS A
HEALTHY MOOD†

DIRECTIONS: For adults, take two (2) quick release capsules on an empty stomach as needed or at bedtime as 5-HTP may produce drowsiness.

To reduce potential side effects such as nausea:

- (1) Take 5-HTP with food or 30 minutes after taking a meal.
- (2) Start with one (1) capsule daily for the first two weeks.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including migraine medications or antidepressants such as MAO Inhibitors (MAOIs) or Selective Serotonin Reuptake Inhibitors (SSRIs), consult your doctor before use. If you have any medical condition, including mental health, nervous system, or gastrointestinal disorders, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. Do not drive, operate machinery or consume alcohol when taking this product. May cause mild gastrointestinal upset. Not intended for use by persons under the age of 18. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

Carefully Manufactured by
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