

SUGGESTED USE: Adults take 1 capsule once a day on an empty stomach or as directed by your qualified healthcare professional.

Jarrow Formulas® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa. Purity is assured by HPLC. 5-HTP is the direct metabolic precursor to serotonin and is important for the production of melatonin, a hormone secreted by the pineal gland that aids biorhythm regulation.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication (especially if taking SSRIs, MAOs, or sedative medications) or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

*** 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.**

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:



VEGAN

5-HYDROXYTRYPTOPHAN

5-HTP

SEROTONIN PRECURSOR

100 MG

Helps support a balanced mood*

✓ non-gmo

✓ gluten free

60 VEGGIE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i>) (Seed)	100 mg †

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

No wheat, gluten, soybeans,
dairy, egg, fish/shellfish,
peanuts/tree nuts
or sesame.

12222HTP100 PROD # 115043



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APPROX. FILL LINE