

DIRECTIONS: Take one tablet, up to two times daily, with a meal. Do not exceed recommended dose.

Consult your healthcare practitioner prior to use if you have, or suspect you have, a medical condition or are taking prescription drugs for depression, migraines, Parkinson's disease, or psychiatric disorders. Not for use by children.

5HTP has a delivery system that releases 5-HTP slowly and steadily over a period of time. 5-HTP is a drug-free amino acid derived from a plant that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, and sleep. Today's stress-filled lifestyles and dietary practices may negatively affect how the body handles serotonin. Regular use of Village Vitality, LLC's 5HTP helps promote a more positive outlook and greater appetite control.*

***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.**

CAUTIONS: Do not take if you are, or suspect you are, pregnant or if you are lactating, or under 18 years of age.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.



5HTP

Controlled-Release
5-Hydroxytryptophan Formula

DIETARY SUPPLEMENT

60 TABLETS

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Calcium (as dicalcium phosphate)	22 mg	3%
5-HTP (5-hydroxytryptophan) (from Griffonia simplicifolia)(seed)	100 mg	**

** Daily Value not established.

Other Ingredients: Cellulose, hypromellose, stearic acid, silica, magnesium stearate, methylcellulose, and glycerin.

Professional Use Only

Manufactured in a GMP compliant facility.

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