

Double Potency 5-HTP Extra is a comprehensive formula designed to support mood and relaxation.* Central to this formulation is 5-Hydroxytryptophan (5-HTP), a naturally occurring amino acid that is the immediate precursor of Serotonin.* This plant derived compound sourced from the Griffonia simplicifolia, a climbing shrub native to West and Central Africa, helps the body to naturally produce this hormone, helping you attain an improved state of well-being.*

To complement the benefits of 5-HTP, this product also features L-Theanine that helps to increase alpha brain waves thereby supporting relaxation of the mind and body.* This product also includes other botanicals such as Holy Basil and Damiana that have been used in traditional mood formulas and are known for their adaptogenic properties.* This product can be taken daily to help support mood and relaxation, and in doing so, helps promote a more balanced state of mind.*

What makes us different:

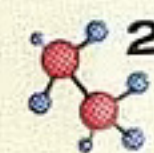
Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including anti-depressants and pain medication, or have any medical conditions, including digestive disorders. Some people may experience drowsiness. Exercise caution if driving a vehicle or operating machinery. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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Highly Specialized Products:
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7523-LAB-IN038537-V5-03/21



DOUBLE POTENCY

5-HTP Extra[®]

Mood & Relaxation*



**5-HTP for Serotonin Production.
Plus L-Theanine, Lemon Balm,
Saffron and Holy Basil.**

60 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels twice daily with meals.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%**
Cholesterol	10 mg	3%
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin D (as Cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%
Magnesium (as Magnesium Citrate)	50 mg	12%
Fish Oil (18% EPA, 144 mg, 12% DHA, 96 mg)	800 mg	†
5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> extract (seed)	100 mg	†
Lemon Balm extract (4:1)(leaf)	100 mg	†
L-Theanine	100 mg	†
Damiana extract (4:1)(leaf)	75 mg	†
Holy Basil (<i>Ocimum sanctum</i>) extract (herb)	75 mg	†
Saffron (<i>Crocus sativus</i>) extract (stigma and flower)	5 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	3 mg	†

**%Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, turmeric (color), titanium dioxide (color), silicon dioxide, sodium copper chlorophyllin (color) and maltodextrin.

Contains: Fish (anchovy, sardine), Soy

• BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.