



VEGETARIAN



PLANT  
BASED



NON-GMO



NON  
STIMULATING

**Suggested Use:** Adults take 1 capsule twice daily with food, or as recommended by your healthcare provider. <sup>o</sup>

**CAUTION:** As with any dietary supplement, you should consult your healthcare provider before use, especially if pregnant, nursing, have a medical condition, taking medications, or have known adverse reactions or allergies.

## MOOD, STRESS & SLEEP SUPPORT

5-HTP is a plant-based mood support supplement that promotes the production of serotonin in the brain to help reduce stress, curb cravings, and encourage healthy sleep patterns. Our 5-HTP formula includes Vitamin B6 to assist with the conversion of 5-HTP into serotonin.

To learn more about NatureWise 5-HTP and our other great products, please visit us at [naturewise.com](http://naturewise.com).

naturewise®

# 5-HTP

## 100 mg



**Promotes Well-Being  
and Sleep\***

**Vitamin B6 for  
Serotonin Conversion\***

**Supports Appetite  
Control\*<sup>o</sup>**

120 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 120

|                                                                             | Amount Per<br>Serving | % Daily<br>Value |
|-----------------------------------------------------------------------------|-----------------------|------------------|
| Vitamin B6<br>(as pyridoxal 5'-phosphate)                                   | 5 mg                  | 294%             |
| 5-HTP (L-5 Hydroxy Tryptophan)<br>( <i>Griffonia simplicifolia</i> ) (seed) | 100 mg                | †                |

† Daily Value not established.

**Other Ingredients:** Vegetable cellulose (capsule), rice flour, organic rice bran extract.

**This Product Does Not Contain:** Wheat, gluten, dairy, corn, soy, eggs, tree nuts, peanuts, fish, or shellfish.

\* 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.

[naturewise.com](http://naturewise.com)



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KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.  
NatureWise 5-HTP should always be taken in conjunction with a healthy diet and regular exercise program.