SUGGESTED USE: Take 1 capsule daily with or without food, or as recommended by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before taking this or any dietary supplement.

No GMO, meat, dairy, eggs, wheat, gluten, soy, nuts, shellfish, binders & fillers, coloring, preservatives, gelatin, yeast.

*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.











WHOLE FOOD 5-HTP 100 MG

EXTRA STRENGTH 5-HYDROXYTRYPTOPHAN

- Supports Well-Being & Sleep*
- Supports Brain, Mood, and Stress*
- With Vitamin B6*
- Formulated for Enhanced Absorption*



Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 120

Amount Per Serving		% DV
Vitamin B6 (as Pyridoxal 5'-Phosphate)	7 mg	412%
5-Hydroxytryptophan (5-HTP; from Organic Griffonia simplicifolia 98%)	100 mg	
Organic Sunflower Lecithin	25 mg	**

X001PLRV

** Daily Value (DV) not established

Other Ingredients: Methylcellulose Capsule, Organic Brown Rice Flour, All Vegan.

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DIETARY SUPPLEMENT // 120 CAPSULES