

5-HTP is a chemical byproduct of tryptophan, which can be used to help support positive mood.

SUGGESTED USE

1 to 2 capsules taken at bedtime with 8 ounces of water or as directed by a healthcare professional.

CAUTION

Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Reduce dose if drowsiness occurs. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish, and crustacean shellfish.

Keep out of the reach of children. Do not use if safety seal is damaged or missing. 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.

60
CAPSULES

DIETARY
SUPPLEMENT



HELP SUPPORT POSITIVE MOOD

5-HTP

100 MG
PER SERVING

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving	%Daily Value
5-HTP (5 Hydroxytryptophan) (<i>Griffonia simplicifolia</i> seed)	100 mg *

*Daily Value not established.

Other Ingredients: Rice powder, gelatin (bovine), and vegetable magnesium stearate. Portions Master® specializes in superior, high quality supplements that help maintain a healthy lifestyle. Our focus is to offer unique products and support our customers with overall wellness. Whether you are trying to build lean muscle, seeking immune support and antioxidants, or if you prefer vitamin-enriched products; we've got it!



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