

Helps Make Serotonin to Support a Positive Mood*

5-HTP provides neurotransmitter-production support*

- Naturally produced by the body from the amino acid tryptophan
- With high potency vitamin B6 (per 2-tablet serving), a coenzyme to support neurotransmitter production*

Warning: Do not take this product if you are under 12 years of age, or if you are pregnant or nursing. Do not take this product if you have or are taking medication for epilepsy, scleroderma, or Parkinson's disease, or if you are taking anti-depressants. If you suffer from gastrointestinal (GI) disorders such as ulcers, irritable bowel syndrome, Crohn's disease, ulcerative colitis, or celiac disease, you should not use 5-HTP. If you are taking any medications, consult a healthcare professional before use. Some individuals may experience gastrointestinal (GI) upset including abdominal cramping, nausea, or diarrhea while taking this product. If discomfort persists, discontinue use. This product may cause drowsiness; do not drive or operate heavy machinery while taking this product.

◆ LH45250.A01 BLK8021A



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



5-HTP

L-5-HYDROXYTRYPTOPHAN VITAMINS B6 & C

Helps Make Serotonin to Support a Positive Mood*

5-HTP from Griffonia Seed Extract
50 mg per tablet

ENTERIC COATED

60 TABLETS - DIETARY SUPPLEMENT

Recommendation: Adults take 1-2 tablets three times daily with meals, or as recommended by a healthcare professional.

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%†
Vitamin C (ascorbic acid)	120 mg	133%
Vitamin B6 (as pyridoxine HCl)	8 mg	471%
5-HTP (L-5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> [seed] Extract)	100 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: cellulose, maltodextrin, sodium croscarmellose, stearic acid, silica, ethylcellulose, sodium alginate, medium chain triglycerides, oleic acid

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No wheat, soy, dairy, gelatin, or artificial colors.

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com