

L-5-hydroxytryptophan (5-HTP) is the direct metabolic precursor of serotonin and is important for the production of melatonin. The production and maintenance of serotonin levels in the brain are directly related to eating and sleeping patterns, mood shifts, tranquility, and compulsive behavior.** Use of 5-HTP can help support regular serotonin related functions, such as mood, appetite and sleep patterns.**

- **Natural source from Griffonia Seed**
- **Vegan/Vegetarian friendly**
- **Free of "Peak X" contamination**

** This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot#
Best if used by:



5-HTP 50mg

**Promotes Positive Mood
& Sleep Patterns****

➤ **May Help Control Appetite**** ◀

DIETARY SUPPLEMENT
30 VEGETARIAN CAPSULES

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Suggested Usage: Take 1-3 capsules daily or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 30

Amount Per Serving	%Daily Value*	
L-5-hydroxytryptophan (from Griffonia simplicifolia seed)	50mg	†

*Percent Daily Values based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Rice flour. Capsule is made of plant cellulose.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten, or yeast.

Vegan/Vegetarian Friendly.

WARNING: If you are pregnant or breastfeeding, taking prescription medications such as antidepressants, or if you have heart disease, consult your physician before using this product.

Formulated by & Manufactured for:
MRM
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296

