

RECOMMENDATION: Take 1-2 tablets three times per day with meals or as directed by a healthcare professional. **CAUTION:** This product should not be consumed by children under the age of 12 years or by pregnant or lactating women. Some may experience gastrointestinal (GI) upset including abdominal cramping, nausea or diarrhea while taking this product. As with any supplement, if discomfort persists discontinue use. Those suffering from GI disorders such as ulcers, irritable bowel disease, Crohn's disease, ulcerative colitis or celiac disease, should not use 5-HTP. Those taking prescription anti-depressants should not use 5-HTP. Do not take this product if you have or are taking medications for epilepsy, scleroderma or Parkinson's disease. This product may cause drowsiness and should not be used while driving or operating heavy equipment.

◆ LN45250.02 BLK8021



*This statement has 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 • Vitamin B6 & C

Griffonia Bean Extract/50 mg

Precursor to Serotonin*

- Enteric Coated
- Stomach Gentle



Actual Size

60 TABLETS

DIETARY SUPPLEMENT

5-HTP is a mood/appetite regulating neurotransmitter in the body.* Our 5-HTP is extracted from *Griffonia simplicifolia* beans.

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount Per Serving		% DV
Vitamin C (ascorbic acid)	120 mg	200%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
5-HTP (L-5-Hydroxytryptophan)	100 mg	**

**Daily Value (DV) not established.

Other Ingredients: Cellulose, Maltodextrin, Modified cellulose gum, Stearic acid, Silicon dioxide, Aqueous coating solution (Modified cellulose, Sodium alginate, Fractionated coconut oil)

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Questions? 1-800-9NATURE or naturesway.com

Contains no yeast, milk, lactose, wheat or soy. Safety sealed with a printed outer shrinkwrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing. **Keep out of reach of children.**