

**5-HTP is a precursor to serotonin, a neurotransmitter involved in sending messages through the nervous system.\* This formula also includes B vitamins to promote nervous system health and the herb Valerian.\***

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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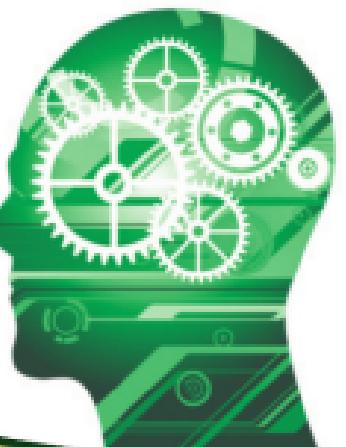


Prod. No. 5315 B5316 07E



# 5-HTP 100mg

**Promotes a  
Calm and  
Relaxed Mood\***



**60 capsules** DIETARY SUPPLEMENT

**Directions:** For adults, take one (1) capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness.

## Supplement Facts

**Serving Size 1 Capsule**

<b>Amount Per Serving</b>	<b>%Daily Value</b>
Niacin (as Niacinamide)	5 mg 25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Magnesium (as Magnesium Oxide)	25 mg 6%
5-HTP (from Griffonia Extract) ( <i>Griffonia simplicifolia</i> ) (seed)	100 mg **
Valerian ( <i>Valeriana officinalis</i> ) (root)	50 mg **

**\*\*Daily Value not established.**

**Other Ingredients:** Dicalcium Phosphate, Gelatin, Silica, Vegetable Magnesium Stearate.

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

**Carefully Manufactured by**  
**NATURE'S BOUNTY, INC.**  
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