

Suggested Usage: Take 1 capsule daily, preferably on an empty stomach at bedtime.

5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin, is extracted from the seed of an African plant (*Griffonia simplicifolia*).

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medications (especially antidepressants), or have a medical condition. May cause drowsiness and mild transient GI symptoms. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur in this product.

CODE 0097B V3



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CAPSULE SIZE



5-HTP

50 mg

Neurotransmitter Support*

Supports Positive Mood*
30 Veg Capsules

Non-GMO

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

5-HTP (5-hydroxytryptophan)	50 mg*
(from <i>Griffonia simplicifolia</i> Extract) (Seed)	

* Daily Value not established.

Other ingredients: Rice Flour and Cellulose (capsule).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

