

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*).

NOW® Double Strength 5-HTP has twice the 5-HTP (200 mg per capsule) as in our regular strength product (100 mg per capsule).

*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.

Please Recycle.

CAPSULE SIZE

CODE 0108B V4



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Double Strength 5-HTP 200 mg

Neurotransmitter Support*

- Supports Positive Mood*
 - With Glycine, Taurine & Inositol
- ## 60 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide) (Vitamin B-3)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	200 mg	†
Glycine (Free-Form)	100 mg	†
Taurine (Free-Form)	100 mg	†
Inositol	100 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Ascorbyl Palmitate and Silica.

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.

