

Suggested Usage: Take 1 chewable tablet 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. Contains Xylitol, do not feed to pets.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

CODE 0109 V3



Natural Citrus Flavor!!

Chewable

5-HTP

100 mg

Neurotransmitter Support*

Supports Positive Mood*

90 Chewables

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving

5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	100 mg*
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* Daily Value not established.

Other ingredients: Xylitol, Cellulose, Sorbitol, Natural Flavors, Stearic Acid (vegetable source), Silica, Citric Acid and Annatto Extract.

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.

