

Recommendation: Take 1-2 tablets three times daily with meals.

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.

Keep out of reach of children. Safety sealed with a printed outer shrinkwrap and inner seal. Do not use if either seal is broken or missing.



◆ LN45240.02 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

30 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 15

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, purified water, modified cellulose, ammonium hydroxide, fractionated coconut oil, oleic acid, sodium alginate

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

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.