

Recommendation: Take 1-2 tablets three times daily with meals, or as recommended by a healthcare professional.

Caution: This product should not be consumed by children under the age of 12 years or by pregnant or nursing 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 printed outer shrinkwrap and inner bottle seal. Do not use if either seal is broken or missing.

◆ LN45250.04 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*

- **Stomach Gentle**
- **Enteric Coated**

Actual
Size

60 TABLETS • DIETARY SUPPLEMENT

5-HTP is a mood/appetite regulating neurotransmitter.*

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount Per Serving		% DV
Vitamin C (ascorbic acid)	120 mg	200%
Vitamin B6 (as pyridoxine HCl)	20 mg	1,000%
5-HTP (L-5-Hydroxytryptophan)	100 mg	**

**Daily Value (DV) not established.

Other ingredients: cellulose, maltodextrin, modified cellulose gum, stearic acid, silicon dioxide, modified cellulose, sodium alginate, ammonium hydroxide, medium-chain triglycerides, oleic acid

Contains tree nuts (coconut).

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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.

