

ITEM #5317
B71448 04E



ACTUAL SIZE



5-HTP

L-5-Hydroxytryptophan

100 mg

**Supports Nervous
System Health*
Promotes Feelings
of Well-Being***

Dietary Supplement

120 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Vitamin B-6 (as Pyridoxine Hydrochloride and Pyridoxal-5'-Phosphate)	10 mg	500%
Magnesium (as Magnesium Oxide and Magnesium Glycinate)	50 mg	13%
5-HTP (from Griffonia Extract) (<i>Griffonia simplicifolia</i>) (seed)	100 mg	**
Valerian Root Extract (<i>Valeriana officinalis</i>)	100 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose,
Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives, No Lactose,
No Soy, No Egg, No Grapefruit, No Fish,
No Sweetener, No Sugar, No Starch,
No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.**

Directions: For adults, take one (1) capsule
twice daily as needed or at bedtime as 5-HTP
may produce drowsiness.

5-HTP is a precursor to serotonin, a
neurotransmitter involved in sending
messages through the nervous system,
which contributes to mood and well-being.*
Vitamin B6 promotes nervous system health
as well, providing nourishment for the stress
of daily living.* Additionally, this formula
provides Magnesium and Valerian.

WARNING: Not intended for use by pregnant or nursing
women. If you are taking any medications or have any
medical condition, consult your doctor before use.
Discontinue use and consult your doctor if any adverse
reactions occur. Do not drive, operate machinery or
consume alcohol when taking this product. Not
intended for use by persons under the age of 18. Keep
out of reach of children. Store at room temperature. Do
not use if seal under cap is broken or missing.

***These statements have not been evaluated by the
FDA. This product is not intended to diagnose,
treat, cure or prevent any disease.**

Manufactured by
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