OVER 40 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For over 40 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

Guaranteed Quality
Laboratory Tested

No Artificial Color, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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Prod. No. 5315 B52385 09G

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NATURE'S BOUNTY®

5-HTP

100 mg

Promotes a Calm and Relaxed Mood*

60 Capsules DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
5-HTP (L-5-Hydroxytryptophan) (from Griffonia Extract) *(Griffonia simplicifolia)* (seed)	100 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Gelatin. **Contains <2% of:** Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

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.

★ **Made In The USA** with select ingredients from around the world

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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