

5-HTP (5-hydroxy L-tryptophan) is a naturally occurring metabolite of the amino acid tryptophan. 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons. 5-HTP is extracted from the seeds of the *Griffonia simplicifolia* plant.*

Helps promote healthy sleep*

Helps promote calm and relaxation*

Powerful brain antioxidant*

*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.

Manufactured for **Doctor's Best, Inc.**
San Clemente, CA 92673

(800) 777-2474 www.drbbvitamins.com



YDRB077-1

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Doctor's BEST®

**Science-Based
Nutrition™**

**Dietary
Supplement**

Best 5-HTP

HELPS PROMOTE
HEALTHY SLEEP*

Vegan™

100mg/60 Veggie Caps

Supplement Facts

Serving Size 1 capsule

Servings per container 60 servings

	Amount per serving	%Daily Value
5-hydroxy L-tryptophan	100 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), microcrystalline cellulose, silicon dioxide.

Suggested Adult Use: Take 1 capsule up to three times daily, with or without food, or as recommended by a nutritionally-informed physician.

CAUTION: Not to be used when taking MAO inhibitors, selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. It should also not be used by individuals taking any of the category of medications known as "triptans."

KEEP OUT OF REACH OF CHILDREN

Best 5-HTP is tested to ensure that it does not contain "Peak X"

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.