

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 helps maintain mental and emotional well-being and promotes healthy sleep.* Doctor's Best 5-HTP is extracted from the seeds of the *Griffonia simplicifolia* plant.*

*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.**
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YDRB120-3



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

5-HTP Enhanced with Vitamins B6 and C

HELPS MAINTAIN MENTAL
& EMOTIONAL WELL-BEING*



120 Veggie Caps

Supplement Facts

Serving Size 1 veggie capsule
Servings per container 120 servings

	Amount per serving	%Daily Value
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	750%
5-hydroxy L-tryptophan	100 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), silicon dioxide.

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

Warning: 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. Doctor's Best 5-HTP is tested to ensure that it does not contain "Peak X." May impair your ability to drive or operate machinery.

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.