

NO YEAST, NO WHEAT, NO GLUTEN,  
NO MILK OR MILK DERIVATIVES,  
NO LACTOSE, NO SUGAR,

NO PRESERVATIVES, NO SOY,  
NO ARTIFICIAL COLOR,  
NO ARTIFICIAL FLAVOR, NO SODIUM.

**FINEST**  
NUTRITION

HEALTHY NUTRITION\*

**5-HTP**

100 mg

PER CAPSULE

SUPPORTS A CALM AND RELAXED MOOD\*

DIETARY  
SUPPLEMENT

**30 CAPSULES • GLUTEN FREE**

**USE ONLY IF INNER SEAL IS NOT BROKEN OR MISSING.**

**Suggested Use:** As a dietary supplement for adults, take two (2) capsules once daily as needed or at bedtime as 5-HTP may produce drowsiness. If you experience stomach sensitivity, take with food.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 15

Amount Per Serving		% Daily Value
Calcium	128 mg	13%
5-HTP (L-5-Hydroxytryptophan) (from Griffonia Extract) ( <i>Griffonia simplicifolia</i> ) (seed)	200 mg	**

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Gelatin. Contains <2% of: Croscarmellose, Silica, Vegetable Magnesium Stearate.

**Keep out of reach of children.**  
Store at room temperature, tightly closed.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, including anti-depressants or drugs with central nervous system or serotonergic activity, or have any medical condition, including mental health or gastrointestinal concerns, 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.

\*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.

Questions or comments? 1-800-925-4733

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FRESHNESS & POTENCY GUARANTEED THROUGH: