

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

This product provides natural-source 5-HTP that is peak X-free. 5-HTP supports your brain's production of serotonin. This formulation helps to promote both a positive mood and a state of relaxation.*

Solgar's KOF-K certification #K-1250

*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.

Carefully Manufactured by:

Solgar, Inc.

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For more information, call toll-free

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SOLGB71448 04D

SOLGAR®
Since 1947

**5-HTP
100 MG**

**POSITIVE MOOD SUPPORT*
PROMOTES RELAXATION***



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



30 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Vitamin B6	10 mg	588%
(as pyridoxine hydrochloride and pyridoxal 5' phosphate)		

Magnesium	50 mg	12%
(as magnesium oxide and magnesium glycinate)		

5-HTP	100 mg	**
(L-5-Hydroxytryptophan from Standardized Griffonia simplicifolia Seed Extract)		

Valerian Extract	100 mg	**
(4:1) (Valeriana officinalis) (root)		

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness or as directed by a healthcare practitioner. If you experience stomach sensitivity, take with food.

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 healthcare practitioner before use. Discontinue use and consult your healthcare practitioner 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 outer bottle seal is missing or damaged.

