

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.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2016 Solgar, Inc.

SOLGB71448 04D



5-HTP 100 MG

POSITIVE MOOD SUPPORT*
PROMOTES RELAXATION*

Non-GMO

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



90 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving %DV

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 (4:1) 100 mg **

(*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.

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

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.

