

SUGGESTED USAGE: Take 1 capsule 1 to 3 times daily, preferably on an empty stomach before bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: 5-HTP is the intermediate precursor in the natural synthesis of serotonin, a neurotransmitter that helps to regulate mood, appetite, and sleep/wake cycles.* 5-HTP readily crosses the blood-brain barrier and clinical studies suggest that 5-HTP can support healthy serotonin levels.* Serotonin is associated with positive mood and provides a substrate for the production of melatonin.* 5-HTP is extracted from the bean of the African plant *Griffonia simplicifolia*, a natural vegetable source.

CAUTIONS/INTERACTIONS: May cause mild, but transient GI discomfort. 5-HTP should be used with caution in combination with any serotonergic drug or herb, including SSRIs, MAOIs and St. John's wort. If you are taking any of these medications or if you are planning any surgical procedures, consult your healthcare practitioner prior to using this product. Individuals with a history of cardiac conditions, use only under the direction of your healthcare practitioner. Not recommended for pregnant or nursing women.

CODE
P0105
V5



PROTOCOL
FOR LIFE BALANCE®

5-HTP
(5-hydroxytryptophan)

100 mg

- Natural Source
- Supports Positive Mood*
- Promotes Healthy Sleep Patterns*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	100 mg*
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* Daily Value not established.

Other ingredients: Rice Flour and Cellulose (capsule).

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

*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.