

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

5-HTP is a precursor to a neurotransmitter called serotonin. Serotonin is known to promote mental well-being. It is involved in mood, appetite, sleep, memory, and learning.†

Our **5-HTP 100 mg** is derived from the seeds of the *Griffonia simplicifolia* plant, and is suitable for vegans and vegetarians.

**We Guarantee Our Supplements  
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

† 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.

Plant-Sourced  
**5-HTP**  
**100 mg**

Promotes Mental Well-Being†

Dietary Supplement



**60 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
5-HTP (5-hydroxytryptophan)(from <i>Griffonia simplicifolia</i> )(seed).....	100 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** VEGETARIAN CAPSULE (CELLULOSE), CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE) AND SILICA.

**SUGGESTED USE:** Take one capsule per day with or without meals, or as directed by your healthcare practitioner.

KEEP OUT OF REACH OF CHILDREN. VVL 754-60A

