

USAGE: Take 1 capsule per day on an empty stomach or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially SSRIs, MAOs, or sedatives), consult your health care practitioner before using this product.

Jarrow FORMULAS® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa. Purity is assured by HPLC. 5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin.*

Keep out of the reach of children.

* 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.

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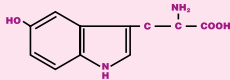
Lot #. Best Used Before:



Jarrow FORMULAS®

5-HTP

5-Hydroxytryptophan



Supports Serotonin Synthesis*

100 mg 60 Vegetarian Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

	Amount Per Serving	% DV
5-HTP (5-Hydroxytryptophan)	100 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten,
no soybeans, no dairy,
no egg, no fish/shellfish,
no peanuts/tree nuts.

Suitable for
vegetarians/vegans.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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