

5-HTP (5-hydroxy L-tryptophan) is a naturally occurring metabolite of the amino acid tryptophan. 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons. 5-HTP is extracted from the seeds of the *Griffonia simplicifolia* plant.*

Helps promote healthy sleep*

Helps promote calm and relaxation*

Powerful brain antioxidant*

*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.

Manufactured for **Doctor's Best, Inc.**

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YDRB312-3



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

5-HTP

HELPS PROMOTE HEALTHY SLEEP*



100 mg / 180 Veggie Caps

Supplement Facts

Serving Size 1 veggie capsule

Servings per container 180 servings

Amount per serving		%Daily Value
5-hydroxy L-tryptophan	100 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), microcrystalline cellulose, silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with or without food, or as recommended by a nutritionally-informed physician.

CAUTION: Not to be used when taking MAO inhibitors, selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. It should also not be used by individuals taking any of the category of medications known as "triptans."

KEEP OUT OF REACH OF CHILDREN

5-HTP is tested to ensure that it does not contain "Peak X"

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.