

Peel Here
for more information

Store in a cool, dry place. Please Recycle.
Vcaps® is a registered trademark of Capsugel.

5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin, is extracted from the bean of an African plant (*Griffonia simplicifolia*).
Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. **Vegetarian/Vegan Product.**

Made in the U.S.A. www.protocolforlife.com

Manufactured by NHG, PO. Box 2203, Sparks, NV 89431

Other ingredients: Rice Flour and Cellulose (capsule).

* Daily Value not established.

Supplement Facts

Serving Size 1 Vcap®

Amount Per Serving

5-HTP (5-hydroxytryptophan)
(from *Griffonia simplicifolia*) (Seed) 100 mg*

PROTOCOL
FOR LIFE BALANCE™

5-HTP 100 mg

- Natural Source
- Supports Positive Mood*

10% of profits donated for health research

90Vcaps®

A Dietary Supplement Vegetarian Formula



SUGGESTED USAGE: As a dietary supplement, take 1 Vcap® daily, preferably on an empty stomach at bedtime. For intensive use, take up to 3 Vcaps® daily, in divided doses, or as directed by a health care practitioner.

5-HTP (5-hydroxytryptophan) is an intermediate metabolite between the amino acid L-tryptophan and serotonin; 5-HTP is serotonin's immediate intracellular precursor. 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.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Do Not Eat Freshness Packet. Keep in Bottle.

Warning: If you are currently taking antidepressant medications, please consult a physician prior to use. May cause drowsiness.



CODE P0105

5-HTP, also known as 5-hydroxytryptophan, is the

amino acid derivative of L-tryptophan that is the direct precursor of serotonin, a brain neurotransmitter. During the production of serotonin, tryptophan is made into 5-HTP and then made into serotonin. Serotonin plays an important role in deep, emotional moods and appetite. It is also necessary for the production of melatonin, the main hormone responsible for the management of sleep.*

5-HTP is extracted from the bean of the African plant *Griffonia simplicifolia*, and is therefore a natural vegetarian source. However, 5-HTP is not found in large amounts in the diet and eating foods that contain tryptophan appears to not significantly increase 5-HTP levels.

Supplementing with 5-HTP has been shown to help improve mood and may reduce occasional sleeplessness.*

Cautions and Interactions

No adequate studies confirm safety of use in pregnancy.

Some individuals may initially experience nausea with 5-HTP, especially at higher doses. Reducing intake to no more than 50 mg three times daily and increasing intake slowly resolves this issue. Because of the possibility of serotonin syndrome, 5-HTP should be used with caution, if at all, by individuals currently being treated or who have recently been treated with either an SSRI or an MAOI antidepressant.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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This product contains an AgSense® anti-oxygen packet to enhance protection during storage.