

Peel Here
for more information

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Other ingredients: Cellulose (capsule), Magnesium Stearate (Vegetable source) and Silica.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

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

Vcaps® is a registered trademark of Capsugel.

Contains no sugar, salt, starch, yeast, gluten, corn, soy, milk, egg, shellfish or preservatives.

† Daily Value not established.

Supplement Facts		
Serving Size 1 Vcap®		
Amount Per Serving	% Daily Value	
Niacinamide (Vitamin B-3)	500%	
Vitamin B-5 (from Pyridoxine HCl)	1500%	
L-Tyrosine	250 mg	†
5-HTP (5-hydroxytryptophan) (<i>Griffonia simplicifolia</i> (Seed))	200 mg	†

PROTOCOL
FOR LIFE BALANCE™

High Potency
5-HTP
200 mg

- With L-Tyrosine
- Supports Positive Mood*

10% of profits donated for health research

60Vcaps®
A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take 1 Vcap® daily, preferably on an empty stomach. For intensive use, take 1-2 V (Vcaps), 1-2 times daily, under the supervision of a health care practitioner.

5-HTP (5-hydroxytryptophan) is an immediate metabolic precursor of 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 African plant *Griffonia simplicifolia*, a natural vegetable source. L-Tyrosine is the immediate precursor of dopamine. These neurotransmitters are important in both of which are important for the maintenance of a balanced mood.* The combination of 5-HTP and L-Tyrosine, therefore work, together to beneficially support healthy brain neurochemistry.*

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

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

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CODE P0108 [V2]

5-HTP also known as 5-hydroxytryptophan, is an amino acid that is the direct precursor for serotonin, a brain neurotransmitter. The production of serotonin starts with tryptophan, which is converted into 5-HTP and then into serotonin. Serotonin plays an important role in the regulation of appetite and mood and is also necessary for the production of melatonin. Melatonin is the main hormone responsible for the management of sleep.

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

This formulation also contains L-Tyrosine, an amino acid precursor of the neurotransmitters dopamine and norepinephrine, both of which are important for the maintenance of a balanced mood.* The combination of 5-HTP and L-Tyrosine therefore can work synergistically to beneficially support healthy brain and neurochemistry.*

Cautions and Interactions

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. Consult a physician if currently being treated or recently treated with an SSRI or an MAOI antidepressant.

L-Tyrosine is generally safe when taken in low doses. However, overstimulation, restlessness, anxiety, insomnia, heart palpitations or arrhythmias are side effects that occur from higher doses or in sensitive individuals in as low a dose as 200 mg.* L-Tyrosine may cause a severe increase in blood pressure in people taking MAOIs. There is some concern that L-Tyrosine might have additive effects with thyroid hormone medications. L-Tyrosine is a precursor to thyroid hormone and might boost levels. Interactions with L-dopa have been suggested.

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 Apple® anti-oxygen packet to enhance protection during storage.