

5-HTP

Sleep Support



| Supplement Facts | | |
|-------------------------------|--------|---------------|
| Serving Size: 1 Capsule | | |
| Amount Per Serving | | |
| | Amount | % Daily Value |
| 5-HTP (5 Hydroxytryptophan) | 50 mg | * |
| * Daily Value not established | | |

Other ingredients: Gelatin (bovine), maltodextrin, and vegetable magnesium stearate.

Non-GMO Formula

KEEP OUT OF REACH OF CHILDREN DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

SUGGESTED USE: 1 to 2 capsules taken at bedtime with 8 ounces of water or as directed by a healthcare professional.

Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Reduce dose if drowsiness occurs. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

5-HTP (5-Hydroxytryptophan) is a chemical by-product of the protein building block L-tryptophan. It is produced from the seeds of the African plant *Griffonia simplicifolia*.

It works in the brain to increase the production of the chemical Serotonin and the depletion of the chemical can affect sleep, appetite, temperature, sexual behavior, and pain sensation. Since it increases the synthesis of Serotonin, it may be used for several ailments where Serotonin is believed to play an important role. These include among others depression, insomnia and obesity.

It may be used to aid sleep disorders, depression, anxiety, migraine and headaches, weight loss, pre-menstrual syndrome (PMS), pre-menstrual dysphoric disorder (PMDD), fibromyalgia, attention deficit-hyperactivity disorder (ADHD).