

5-HTP

- **A dietary supplement to support overall mood, sleep quality, comfort and naturally balance Serotonin levels.***
- Each Vegetarian Capsule contains 50 mg of 5-HTP along with 5 mg of Vitamin B6, a coenzyme required for the conversion of 5-HTP to Serotonin.*

Recommended for:

- Sleep support*
- Headaches*
- Mood balance*
- PMS*
- Joint and muscle comfort*

What is 5-HTP?

- 5-HTP is an amino acid extracted from the seeds of the African plant Griffonia simplicifolia. In the body it is an intermediate in the conversion of Tryptophan to Serotonin, which makes it a safe and natural way to balance Serotonin levels.*
- In Europe, it has been used for over 30 years for mood balance, quality sleep and comfort for those with headaches and muscle discomfort.*

What is Serotonin?

- Serotonin is a neurotransmitter critical for brain function. It helps regulate muscle movement, alertness, mood, behavior, activity level and sleep quality and is a precursor to Melatonin.

What decreases Serotonin levels?

- Stress caused by emotional crisis, inadequate rest and nutrition, excessive caffeine or alcohol use and lack of exercise can have serious impact on the brain's ability to produce serotonin.

How can 5-HTP Help?

- Supplementing with 5-HTP can support serotonin levels because it can serve as a direct building block for serotonin to reduce the negative consequences associated with low serotonin levels.*

Sleep Quality

- Serotonin balances other hormones involved in the production of sleep and sleep quality, including melatonin.* Studies with 5-HTP show it supports Rapid Eye Movement time, deep sleep, and dreaming.* Its ability to support quality sleep supports greater mental, physical and emotional rejuvenation.*

Comfort

- One of the underlying causes of headache discomfort is low serotonin levels. Supplementing with 5-HTP supports serotonin levels and may reduce headache frequency and intensity.*

Mood Balance

- Low Serotonin levels in the brain have been linked to the symptoms associated with low mood.* Studies have shown 5-HTP to be effective in balancing brain neurotransmitters which supports improved mood.*

Suggested Use: As a dietary supplement, take 1 capsule 20 minutes before a meal, three times daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin B6	
(as Pyridoxine HCl) 5 mg	294%
5-HTP 50 mg	
*Daily Value not established.	

Other ingredients: microcrystalline cellulose, hypromellose (capsule), silicon dioxide.

Warning: If you are pregnant, nursing, or taking MAO inhibitors, antidepressants, or being treated for Parkinson's disease, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE

*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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