

Prod. No. 5315



# 5-HTP 50 mg

## 5-L HYDROXYTRYPTOPHAN

•Supports Nervous System Health\*\*

•Promotes Feelings of Well Being\*\*

•Enhances Diet\*\*

DIETARY SUPPLEMENT

60 CAPSULES



3

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5-HTP is a precursor to serotonin, a neurotransmitter involved in sending messages through the nervous system which contribute to a person's mood and well-being.\*\* Vitamin B-6 assists in the formation of serotonin.\*\* Niacin and magnesium play important roles in the key function of the nervous system.\*\* Valerian root helps promote relaxation.\*\*

**DIRECTIONS:** For adults, take one (1) capsule twice daily as needed or before bedtime.

Pregnant or lactating women should consult a doctor before using any product. **May Cause drowsiness:** Do not drive a motor vehicle or operate heavy machinery. **Consult Doctor before use if you have or have had:** high blood pressure, heart disease, thyroid disease, diabetes, difficulty in urination due to prostate enlargement, or if taking an MAO inhibitor or any prescription drug. **Discontinue use and consult your doctor if any of the following occur:** nervousness, tremor, muscle pain or weakness, sleeplessness, anxiety, loss of appetite, nausea or rash. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

\*\*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.

### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	%Daily Value	
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Magnesium (as Magnesium Oxide)	25 mg	6%
5-HTP (from Griffonia Extract) (Griffonia simplicifolia) (seed)	50 mg	*
Valerian Root (Valeriana officinalis)	50 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (Plant Origin), Dicalcium Phosphate, Gelatin, Silica, Vegetable Magnesium Stearate.

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

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