

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

**WARNING** Not for use if you are pregnant or lactating, driving a motor vehicle, operating machinery or using sedative or antidepressant drugs. If you are under a physician's care, seek their advice before using this product. Discontinue use at least two days before any procedure requiring general anesthesia.

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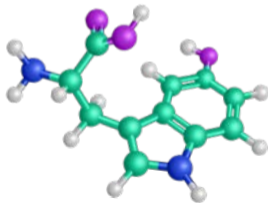
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# 5-HTP 100

100 mg 5-Hydroxytryptophan

Natural Griffonia Simplicifolia



Dietary Supplement | **240** Easy-to-Swallow Capsules

**Andrew Lessman's 5-HTP** provides a concentrated natural source of the amino acid, 5-hydroxytryptophan (5-HTP) from Griffonia Simplicifolia Seed. 5-HTP is a metabolic intermediate of the essential amino acid tryptophan and is the immediate precursor to the important neurotransmitter serotonin. As a result, 5-HTP plays an essential role in our body's synthesis of serotonin, which helps to enhance sleep quality while also promoting positive mood and supporting digestive system function and appetite control. Serotonin levels have been shown to be associated with the regulation of sleep, mood, appetite and the digestive process, which makes supplementing 5-HTP an important means of supporting these essential functions. Clinical research has shown that 5-HTP has the ability to cross the blood-brain barrier providing a direct means of promoting serotonin production and its benefits. Furthermore, 5-HTP also supports melatonin synthesis, which helps to regulate normal sleep schedule and may enhance sleep quality. 5-HTP can also promote healthy levels of other essential neurotransmitters and other neurochemicals, including dopamine and norepinephrine. In short, 5-HTP is a simple, natural means of supporting the brain and healthy neurochemistry, along with sleep, mood and even digestive function.

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.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 240

Amount Per Serving		%DV*
Calcium (as calcium carbonate)	50 mg	4%
Magnesium (as magnesium oxide)	20 mg	5%
5-HTP (5-Hydroxytryptophan) (from Griffonia simplicifolia (seed) extract)	100 mg	†

\* Percent Daily Value (%DV) based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.