

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**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.

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**QUESTIONS? REORDERS?**  
**800.800.1200 PROCAPS.COM**

Manufactured by ProCaps Labs  
Henderson, NV 89011



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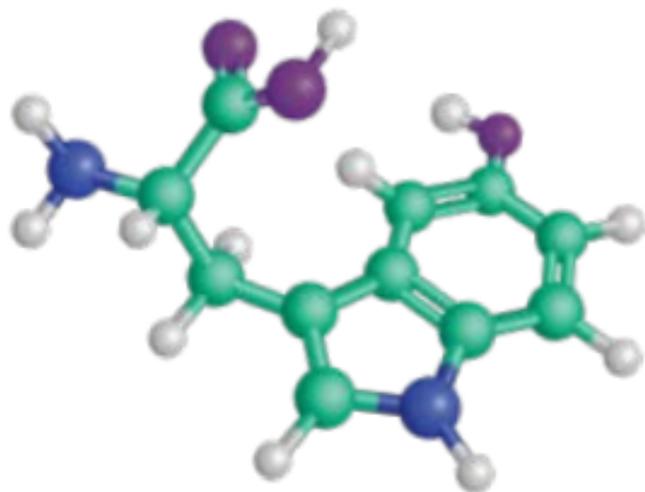
ANDREW LESSMAN



# 5-HTP 100

5-Hydroxytryptophan

Natural Griffonia Simplicifolia



**5-HTP 100** 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 100** 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 OR COMMON ALLERGENS**

## 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 Values (% DV). † 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, genetically modified (GMO) ingredients or manufacturing additives.

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