



5-Hydroxytryptophan (5-HTP), is a herbal supplement, derived from the African plant *Griffonia simplicifolia*. It is a naturally occurring amino acid that is the intermediate step between tryptophan and serotonin. 5-HTP safely and effectively boosts serotonin levels and may offer benefit in conditions linked to low serotonin levels. In today's busy world, low serotonin levels are becoming more common due to peoples increased stress, anxiety and poor diet. Serotonin is involved in the regulation of several processes within the brain including, depression, mood, emotions, sleep, appetite, anxiety, and memory.

Benefits

- Promotes healthy mood balance by raising low levels of serotonin
- Promotes and maintains sleep patterns
- An excellent natural anti-depressant
- Boosts the rate of serotonin synthesis in the brain
- Naturally sourced- isolated from a seed from an African plant(*Griffonia simplicifolia*)
- Relieves symptoms of fibromyalgia
- May help headache and migraine sufferers

5-HTP- 100 mg 60 Caps 8-7084700001-9

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
Servings Per Container: 60 / Portions par contenant : 60

Amount / Quantité	Per serving / par portion
L-5-Hydroxytryptophan (<i>Griffonia simplicifolia</i> 99%)	100 mg (seed/graine)

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **5-HTP** with food, 1-3 times a day or as directed by a qualified health care practitioner. Store in a cool and dry place.

Utilisation recommandée : Prendre 1 portion de **5-HTP** avec un repas, 1-3 fois par jour ou comme dirigé par un praticien qualifié des soins de santé. Conserver dans un endroit frais et sec.

Risk Information: Do not use 5-HTP if you are pregnant or nursing. For adult use only, keep out of reach of children.

Informations sur les risques : Ne pas utiliser le 5-HTP si vous êtes enceinte ou allaitez. Usage pour adultes seulement. Garder hors de la portée des enfants.