

5-HTP (L-5-Hydroxytryptophan)**100 mg, 120 capsules**

Item Catalog Number: 23062

5-HTP (L-5-Hydroxytryptophan) is an intermediate in the natural conversion of the essential amino acid, tryptophan, to serotonin. Clinical studies have shown that 5-HTP increases the amount and availability of serotonin produced by the body. Increased brain serotonin levels may produce positive effects on emotional well-being, appetite regulation, melatonin production and maintaining a healthy sleep cycle.*

Source Naturals 5-HTP is naturally derived from the seeds of the African plant *Griffonia simplicifolia*.

Supplement Facts

Serving Size 1 capsule

Servings Per Container 120

Amount Per Serving5-HTP (from *Griffonia simplicifolia*)

100 mg

Other ingredients: microcrystalline cellulose, gelatin (capsule), colloidal silicon dioxide, and magnesium stearate.

Hypoallergenic: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

Dosage and Use

- One capsule once or twice daily with a glass of water.
- Start with one capsule per day, increasing dosage up to two capsules daily as needed.
- Do not exceed the recommended dose.

Caution

In some people, nausea, headaches, nasal congestion, or constipation may occur. If these symptoms occur, lower the dose, or spread the dose throughout the day. Discontinue use if any of these symptoms persist for more than three days.

If you are pregnant or breastfeeding, taking prescription medication such as antidepressant SSRI's, MAO inhibitors or sedatives, or if you have heart disease, consult your physician before using this product.

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