

5-HTP (5-Hydroxytryptophan)**50 mg, 60 capsules**

Item Catalog Number: 23056

Natural Balance® 5-HTP offers you ideal, complementary blend of 5-HTP (5-Hydroxytryptophan) with vitamin B6. Together these ingredients are intended to provide nutritive support for the body's production of the neurotransmitter serotonin.

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

Vitamin B6 (as Pyridoxine HCl) 11 mg

5-HTP (L-5-Hydroxytryptophan as *Griffonia simplicifolia* 50 mg

seed extract)

Other ingredients: cellulose, gelatin capsule and magnesium stearate.

Dosage and Use

- Take one capsule once or twice daily.

Caution

Not recommended for use with MAO-inhibiting antidepressant prescriptions. May cause drowsiness; do not use while driving or operating heavy machinery.

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