

5-HTP (5-Hydroxytryptophan)**100 mg, 60 capsules**

Item Catalog Number: 23048

Jarrow Formulas® 5-HTP (5-Hydroxytryptophan) is an extract of *Griffonia simplicifolia* seeds from coastal West Africa and is verified to be free of "peak X" contaminant. Purity is assured by HPLC.

5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin.*

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

5-HTP (5-Hydroxytryptophan) 100 mg

Other ingredients: white rice flour, magnesium stearate and silicon dioxide. Capsule consists of gelatin.

Dosage and Use

- Take one capsule per day on an empty stomach, or as directed by your qualified health consultant.
- Do not exceed recommended amount.

Caution

Do not take if pregnant, lactating, trying to conceive, under age 18, or have a medical condition. If taking prescribed medication (s), e.g. antidepressant SSRIs, MAO inhibitors or sedatives, consult health professional before taking 5-HTP.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.