

Healthy Mood 5-HTP Elite**50 mg, 120 tablets**

Item Catalog Number: 16472

5-HTP (5-hydroxytryptophan) is normally produced within our body and converts into serotonin, a major neural transmitter in our brain. Vitamin B6 supports this conversion.*

Supplement Facts

Serving Size 1 tablet

Servings Per Container 120

Amount Per Serving

Vitamin B6

1 mg

(as pyridoxyl-5-phosphate and pyridoxine HCl)

5-Hydroxytryptophan (from Griffonia Seeds)

50 mg

Other ingredients: sorbitol, mannitol, cellulose, silicon dioxide, magnesium stearate, citric acid, natural raspberry flavor.

Dosage and Use

- Take or dissolve one tablet in mouth one to four times daily, or as directed by your qualified healthcare professional.

Caution

Do not take if you are pregnant, lactating, or are taking any prescription antidepressants (e.g., SSRIs, MAO inhibitors or tricyclics), carbidopa or tramadol. Consult your physician before use if you are taking prescription medications.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

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.