

PRODUCT DATA SHEET

5-Hydroxytryptophan



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Enhances serotonin production*

- Increases serotonin levels for sleep enhancement, decreased sugar cravings, and better stress management*
- Can be taken with meals without competing with other amino acids
- Includes vitamin B6 for optimal activity

5-HYDROXYTRYPTOPHAN

S u p p l e m e n t F a c t s		
Serving Size: Two Capsules		
Servings Per Container: 45		
Two Capsules Contain:		% DV
Vitamin B6 (as Pyridoxal 5'-Phosphate)	6.8 mg	340%
5-Hydroxytryptophan	100 mg	*

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

90 Vegetarian Capsules
Code: SA503

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 1 to 2 capsules three times daily or as recommended by a health-care practitioner.

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, nursing, or trying to conceive, consult your health-care practitioner before using this product.

Interactions

5-Hydroxytryptophan should be used with caution in an individual currently being treated with an SSRI antidepressant.

Additional Notes

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.