

5-HTP, 60 Tablets

50 mg

SKU: 45250

View Full Label
Print this page
Email this page

l-5-Hydroxytryptophan is the precursor to serotonin, a mood and appetite regulating neurotransmitter produced within the body. It has been combined with Vitamin C and Vitamin B6, an important cofactor in the conversion to serotonin.

Nature's Way uses natural l-5-HTP extracted from Griffonia simplicifolia beans produced in easy-to-swallow, enteric-coated tablets to minimalize any potential gastric discomfort.

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving		% Daily Value
Vitamin C (ascorbic acid)	120 mg	200%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
5-HTP (l-5-Hydroxytryptophan)	100 mg	**

**Daily Value not established.

Other ingredients: Cellulose, Maltodextrin, Modified cellulose gum, Stearic acid, Aqueous coating solution, Silica

Dosage
Use under the guidance of a healthcare practitioner. Start with a low dose of one tablet (50 mg) taken daily with a meal. Increase the dose slowly (every 3-5 days) up to a maximum of four tablets taken daily (200 mg). Total daily intake should be divided into two or more doses, with no more than two tablets per dose.

Dosage Form



Does not contain
No yeast, milk, lactose, wheat or soy.

Precautions
This product should not be consumed by children under the age of 12 years or by pregnant or lactating women. some may experience gastrointestinal (GI) upset including abdominal cramping, nausea or diarrhea while taking this product. This may be alleviated by reducing the dose or taking with meals. As with any supplement, if discomfort persists discontinue use. Some persons may also experience insomnia or headache when using this product. Those suffering from GI disorders such as ulcers, irritable bowel disease, Crohn's disease, ulcerative colitis, or celiac disease, should not use 5-HTP. Those taking prescription anti-depressants, such as MAO-inhibitors or selective serotinin reuptake inhibitors (SSRIs) or drugs containing fenfluramine should not use 5-HTP. This product may cause drowsiness and should not be used while driving or operating heavy equipment.

Other Sizes



- 5-HTP, 30 Tablets