

5-HTP

L-5-hydroxytryptophan * Supports Normal Sleep Cycles * 50 mg and 100 mg



enlarge bottle

5-HTP (L-5-Hydroxytryptophan) is an intermediate in the natural conversion of the essential amino acid, tryptophan, to serotonin. Clinical studies have shown that 5-HTP increases the amount and availability of serotonin produced by the body. Increased brain serotonin levels may produce positive effects on emotional well-being, appetite regulation, melatonin production and maintaining a healthy sleep cycle. Source Naturals 5-HTP is naturally derived from the seeds of the African plant Griffonia simplicifolia.

Supplement Facts for 50 mg

Serving Size: 1 capsule

	Amount	%DV
Calcium	123 mg	12.5
5-HTP from Griffonia simplicifolia	50 mg	†

Other Ingredients: dibasic calcium phosphate, gelatin (capsule), colloidal silicon dioxide, and magnesium stearate

Warning: In some people, nausea, headaches, nasal congestion, or constipation may occur. If these symptoms occur, lower the dose, or spread the dose throughout the day. Discontinue use if any of these symptoms persist for more than three days. If you are pregnant or breastfeeding, taking prescription medication such as antidepressant SSRI?s, MAO inhibitors or sedatives, or if you have heart disease, consult your physician before using this product.

Suggested Use: Take 1-4 capsules daily, in divided doses, with meals or a glass of water. Start with one capsule per day, gradually increasing dosage up to four capsules daily, if needed. Do not exceed the recommended dose.

In - Depth Info


PDF **5 - HTP**
Source Naturals, the science company, introduces 5-HTP to help promote healthy sleep cycles.

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Bio-Aligned Formula™ * Daily Energy Booster * Capsules and Tablets


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Bio-Aligned Formula™ * Capsules and Tablets


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Bio-Aligned Formula™ * Original and Vegetarian Capsules


Male Response™
Bio-Aligned Formula™ * Virility Complex

contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance

Supplement Facts for 100 mg

Serving Size: 1 capsule

	Amount	%DV
Calcium	90 mg	10
5-HTP from Griffonia simplicifolia	100 mg	†

Other Ingredients: dibasic calcium phosphate, gelatin (capsule), colloidal silicon dioxide, and magnesium stearate.

Warning: In some people, nausea, headaches, nasal congestion, or constipation may occur. If these symptoms occur, lower the dose, or spread the dose throughout the day. Discontinue use if any of these symptoms persist for more than three days. If you are pregnant or breastfeeding, taking prescription medication such as antidepressant SSRI?s, MAO inhibitors or sedatives, or if you have heart disease, consult your physician before using this product.

Suggested Use: Take 1-2 capsules daily, in divided doses, with meals or a glass of water. Start with one capsule per day, gradually increasing dosage up to two capsules daily, if needed. Do not exceed the recommended dose.

contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

50 mg **SN1700 30 caps • SN1701 60 caps • SN1702 120 caps**

100 mg **SN1694 30 caps • SN1695 60 caps • SN1696 120 caps**