5-HTP

Code 2826 (50mg / 60 Capsules)

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The lifestyle and dietary practices of many people living in this stress-filled era results in lowered levels of serotonin within the brain. 5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. Supplementing with 5-HTP provides natural support for emotional well-being.*

Suggested Usage:
1 caplet, 3 times per day or as directed by a health professional. Keep out of reach of children.

Contains no artificial preservatives, color or sweeteners; no corn, dairy, soy, starch, wheat or yeast.