WHAT YOU NEED TO KNOW ABOUT 5-HTP

# Solution Nature's Serotonin Solution

### 5-HYDROXYTRYPTOPHAN

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  - RELIEVES INSOMNIA
  - IMPROVES MOOD
    - CALMS ANXIETY
- REDUCES SYMPTOMS OF PMS,

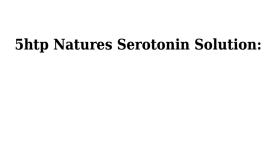
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# RAY SAHELIAN, M.D.

Best-selling Author of Melatonin, DHEA, and Creatine, and Editor of Longevity Research Update

## **5htp Natures Serotonin Solution**

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