

WHAT YOU NEED TO KNOW ABOUT 5-HTP

5-HTP

Nature's Serotonin Solution

5-HYDROXYTRYPTOPHAN

- HELPS CONTROL APPETITE
- RELIEVES INSOMNIA
- IMPROVES MOOD
- CALMS ANXIETY
- REDUCES SYMPTOMS OF PMS,
FIBROMYALGIA, AND HEADACHES

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

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Julia Schneider



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