

# 5 HTP + B6



gluten free dairy free soy free nut free	<b>Supplement Facts</b> Serving Size 1 Capsule		<b>DIRECTIONS:</b> As a dietary supplement, take one (1) capsule daily, preferably in between meals.  <b>WARNING:</b> Do not use this product if you are pregnant or nursing or taking any antidepressant medications such as selective serotonin reuptake inhibitors (SSRI's), tricyclic antidepressants or monoamine oxidase inhibitors (MAOI). Consult your physician prior to use if you have any medical condition or are taking any medications.  STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.  TAMPER EVIDENT Do not use if outer seal is broken or missing.  Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094 Visit <a href="http://www.vitaminshoppe.com">www.vitaminshoppe.com</a> or call 1-800-223-1216 for more information and to reorder.									
		<table border="1"> <thead> <tr> <th></th> <th>Amount Per Serving</th> <th>% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Vitamin B6 (as pyridoxine HCl)</td> <td>20 mg</td> <td>1000%</td> </tr> <tr> <td>L-5-Hydroxytryptophan (Griffonia simplicifolia Extract)(seed)</td> <td>100 mg</td> <td>*</td> </tr> </tbody> </table>			Amount Per Serving	% Daily Value	Vitamin B6 (as pyridoxine HCl)	20 mg	1000%	L-5-Hydroxytryptophan (Griffonia simplicifolia Extract)(seed)	100 mg	*
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	* Daily Value not established. <b>Other ingredients:</b> Dicalcium phosphate, microcrystalline cellulose, gelatin, magnesium stearate, silicon dioxide.											
	<b>Does not contain:</b> Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.											
actual size	† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.		Item No. VS-2283 1580655 I N 7 66536 02283 0 37									

**Dra. Dayanna Jiménez**

Nutrisana

El 5-hidroxitriptofano es un metabolito del triptófano, que incrementa la síntesis de serotonina (5-HT) en el cuerpo. Ayudando en el estado de ánimo, la relajación, el sueño (ya que la serotonina es un precursor de la melatonina), el líbido y el apetito. Además, mitiga problemas como la depresión, cefaleas y fibromialgia.

### **Descripción**

Forma: cápsulas Dosis: 100 mg

Porción: 1 cápsula

Número de porciones: 60

Peso del producto: 2 onzas

No contiene: gluten, azúcar, sal, lácteos, soja, nuez, conservantes, colores y sabores artificiales.

### **¿Cómo tomarlo?**

Tome una (1) cápsula al día, preferiblemente entre comidas.

CONSULTE A SU MÉDICO ANTES DE CONSUMIR SI ESTA EMBARAZADA, AMAMANTANDO, TOMANDO ALGÚN MEDICAMENTO O TIENE ALGUNA CONDICIÓN MÉDICA. MANTENER FUERA DEL ALCANCE DE LOS NIÑOS.

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N u t r i S a n a

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