

Tranquility (5HTP 50 Plus) (5HTP 100 Plus)



Want to feel upbeat - and sleep well?

5HTP Plus provides nutrients that promote a sense of well being and are beneficial for sleep. Rest is one of the most important components of a healthy lifestyle. It is your body's time to recover from stresses of the day, and to make use of many vital nutrients to repair itself.

- 5 HTP (5-Hydroxy tryptophan) has benefits similar to SSRI drugs
- Passionflower helps with anxiety and insomnia
- Inositol works synergistically with 5 HTP and Passionflower

Why Choose Tranquility for your 5HTP?:

5-Hydroxy tryptophan is an intermediate metabolite between L-tryptophan and serotonin. It has an effect similar to SSRI drugs (see warning below) without the adverse side effects.

Passionflower has been used for centuries by Herbalists as a calming herb for anxiety and insomnia. These ingredients, including Inositol, work together in a synergist way. This means they are more effective at a lower level.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 50 mg or 100 mg 5-Hydroxytryptophan (from Griffonia simplicifolia Seed) and 200 mg Passionflower (passiflora incarnata) herb extract 4:1. (Equivalent to 800 mg of whole herb).
Other Ingredients: Inositol, magnesium stearate, gelatin.

Suggested Use:

Take 1 capsule morning and evening or as directed by a health professional.

Caution: 5HTP Plus should not be used in combination with SSRIs or any antidepressant medications.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

How Tranquility is Supplied:

VMTR50	50mg	bottles of 100 capsules
VMTR	100mg	bottles of 100 capsules

Related Products: PhytoCalm, Ultra Magnesium Chelate



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*