



NATURE'S SUNSHINE

5-HTP Power

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Brain

Endocrine System

SIZE **60 Capsules**

ITEM # **2806**

SERVING **1**

SUPPLY **20 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

5-HTP Power brings together five carefully chosen ingredients that work as a team to support a calmer, more balanced mood and a steadier sense of everyday wellbeing. Each ingredient plays its own role — from helping your body make feel-good brain chemicals to easing the effects of daily stress.

5-HTP (5-Hydroxytryptophan) — 5-HTP is the star of this formula. Your body uses it as a direct building block to make serotonin — the brain chemical most closely linked to feeling happy, calm, and emotionally balanced. Research shows it may also help curb appetite and support more restful sleep, since serotonin is also a stepping stone toward melatonin production.

Vitamin B6 — Think of Vitamin B6 as the helper that makes everything else work. Your body needs it to actually convert 5-HTP into serotonin, and it also plays a key role in producing other mood-related brain chemicals like dopamine and GABA. Studies suggest that higher B6 intake is linked to lower feelings of anxiety, making it a natural partner for 5-HTP.

Ashwagandha — Ashwagandha is one of the world's most researched stress-support herbs. Multiple clinical trials show it can meaningfully lower cortisol — the hormone your body pumps out when you're under pressure. Less cortisol means your body can relax, your mood can stabilize, and your energy can feel more even throughout the day.

Eleuthero — Sometimes called Siberian Ginseng, eleuthero has been used for centuries in Russian and Chinese wellness traditions to help the body handle physical and mental demands. Modern research backs this up, showing it can help regulate stress hormones, support stamina, and promote mental endurance — exactly what you need on a tough day.

Suma — Suma — often called Brazilian Ginseng — is a traditional South American root prized for its broad, balancing support. Preclinical research points to calming properties, and its rich mix of plant compounds has been shown to support antioxidant defenses in the body. Traditional use by indigenous Brazilians valued it as a gentle, grounding tonic for everyday resilience.

Zinc — Zinc might surprise you in a mood-support formula, but it earns its place. This essential mineral helps keep cortisol in check, supports the production of feel-good hormones, and acts as a powerful antioxidant throughout the body. Low zinc levels have been linked to higher stress and imbalanced cortisol output, so keeping levels topped up matters.

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