



# Ultra 5-HTP Formula

A Dietary Supplement



**Douglas  
Laboratories®**

**180 Vegetarian Capsules**

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 90

Amount Per Serving	%DV	Amount Per Serving	%DV		
Vitamin A	1000 IU	20%	L-5-HTP	125 mg	*
Vitamin C	100 mg	167%	(L-5-hydroxytryptophan)		
Vitamin E	30 IU	100%	L-Tyrosine	100 mg	*
Thiamine	5 mg	333%	L-Glutamine	100 mg	*
Riboflavin	5 mg	294%	Octacosanol	1500 mcg	*
Niacinamide	50 mg	250%	St. John's Wort	30 mg	*
Folic Acid (USP)	800 mcg	200%	(aerial parts) (standardized)		
Vitamin B-12	1000 mcg	16,667%	Ginkgo biloba (leaf)	15 mg	*
Pantothenic Acid	5 mg	50%	(standardized to 24% ginkgoflavonglycosides)		
Magnesium	50 mg	13%	Inositol	25 mg	*
(from Magnesium Aspartate Complex)			Pyridoxal-5-Phosphate	20 mg	*
Zinc (from Zinc Picolinate)	10 mg	67%	(P-5-P)		
Chromium GTF	100 mcg	83%			
(from Chromium Polynicotinate)					

\*Daily Value not established.

Other ingredients: cellulose and silica.

Manufactured in the USA by:  
**Douglas Laboratories**  
800 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, pre-servatives or flavoring.

### Suggested Usage:

As a dietary supplement, adults take 2 capsules daily or as directed by physician.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. TAMPER RESISTANT PACKAGE, DO NOT USE IF OUTER SEAL IS MISSING.

Formula #85080