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Manufactured in the USA by:
Douglas Laboratories
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Pittsburgh, PA 15205 USA
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Warning:

If you are pregnant, trying to become pregnant, nursing, or taking any prescription medication (especially anticoagulants, oral contraceptives, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), consult your physician before using this product. This product may cause skin rashes or photosensitivity in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss.

Suggested Usage: As a dietary supplement, adults take 2 capsules daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #85081



Ultra 5-HTP Formula

A Dietary Supplement

 **DOUGLAS**
LABORATORIES®

60 Vegetarian Capsules

Supplement Facts

Serving Size 2 vegetarian capsules
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 1000 IU (as Vitamin A Palmitate)	20%	Chromium GTF..... 100 mcg (from Chromium Polynicotinate)	83%
Vitamin C..... 100 mg (as Ascorbic Acid)	167%	L-5-HTP..... 125 mg (L-5-hydroxytryptophan)	*
Vitamin E30 IU..... 100%		L-Tyrosine..... 100 mg	*
(as d-alpha tocopheryl)		L-Glutamine..... 100 mg	*
Thiamine..... 5 mg	333%	Octacosanol..... 1500 mcg	*
Riboflavin..... 5 mg	294%	St. John's Wort..... 30 mg	*
Niacinamide..... 50 mg	250%	(aerial parts) (standardized)	
Folic Acid (USP)..... 800 mcg	200%	Ginkgo biloba (leaf)..... 15 mg	*
Vitamin B-12..... 1000 mcg	16,667%	(standardized to 24%	
Pantothenic Acid..... 5 mg	50%	ginkgoflavonglycosides)	
Magnesium..... 50 mg	13%	Inositol..... 25 mg	*
(from Magnesium Aspartate Complex)		Pyridoxal-5-Phosphate.. 20 mg	*
Zinc..... 10 mg	67%	(P-5-P)	
(from Zinc Picolinate)			

*Daily Value not established.

Other ingredients: Cellulose and silica.