

Directions: As a dietary supplement, take one capsule daily, preferably on an empty stomach at bedtime or as directed by a healthcare practitioner.

Bluebonnet's 5-HTP 100 mg Capsules provide 5-hydroxytryptophan that is extracted from the seed of the African plant *Griffonia simplicifolia*. 5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin; therefore, it has been shown in research to help control appetite, support a positive mood as well as promote calm/relaxation and for occasional sleeplessness. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption. ♦ **Guaranteed free of Peak-X**

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
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♦ 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.



Bluebonnet



5-HTP 100 mg

from Griffonia Seed Extract
Dietary Supplement

60 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
5-HTP (L-5-Hydroxytryptophan derived from <i>Griffonia simplicifolia</i> seed extract)	100 mg	*

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Caution: Consult with your healthcare practitioner prior to use if you are taking prescription medication, particularly cognitive drugs, such as MAO inhibitors and selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. May cause drowsiness, so refrain from operating machinery or driving a vehicle when taking this product.