

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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or visit our website at www.swanson.com

Suggested use: As a dietary supplement, take one veggie capsule per day with water on an empty stomach.

WARNING: For adults only. Do not take this product if you are taking a prescription antidepressant or if you are pregnant or nursing. Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.

Rev 2/11/2018



5-HTP

Sleep Support

200 mg per capsule

MAXIMUM STRENGTH

DIETARY SUPPLEMENT | 60 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

L-5 HTP	200 mg*
(L-5 hydroxytryptophan)	
(Griffonia simplicifolia seed extract)	

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), magnesium stearate, rice flour.

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