



Suggested Use: Take 1 capsule 3 times a day, or as directed by your healthcare professional.

Storage instructions: Store at room temperature away from direct sunlight. Keep this bottle tightly closed.

Warning: This product contains 5-HTP. Consult your healthcare professional before use if pregnant, nursing, taking antidepressants or other medications, or for any use by minors. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN. This product is not intended to diagnose, treat, cure, or prevent any disease. For nutritional use only.**