DIRECTIONS: As a dietary supplement, start with a low dose of 1 capsule taken with a meal. Increase the dose slowly (every 3-5 days) up to a maximum of 4 capsules taken daily. Total daily intake should be divided into two or more doses, with no more than 2 capsules per dose.

5-HTP is the precursor to serotonin, a mood and appetite regulating neurotransmitter produced within the body. It has been combined with Vitamin C and Vitamin B-6 an important cofactor in the conversion to serotonin. We use a natural extract that is buffered to minimize any potential gastric discomfort.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

WARNING: This product should not be taken by children, pregnant or lactating women. May cause gastrointestinal upset, diarrhea or nausea which usually disappears by reducing dosage or is minimized by taking with food. As with any supplement, if discomfort persists discontinue use. Those suffering from gut disorders such as ulcers, irritable bowel disease, Crohn's disease, celiac disease, etc., should not use 5-HTP. Those using MAO-inhibitors, antidepressants and drugs containing fenfluramine should not use 5-HTP. May cause drowsiness. Do not use while driving or operating machinery.

KEEP OUT OF REACH OF CHILDREN. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

WONDER Laboratories®

FORMULA 540

5-HTP Ko

Natural Griffonia Seed Extract

Precursor to Serotonin
Hydroxytryptophan with Vitamin B-6 & Vitamin C

- Buffered
- Gentle on the stomach
- Easy to swallow

Gluten Free Dietary Supplement

60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Vitamin C (as calcium ascorbate)	60 mg	100%
Vitamin B-6 (as pyridoxine HCl)	10 mg	500%
l-5-Hydroxytryptophan (Griffonia simplicifolia)(seed))	50 mg	*

* Daily Value not established.

Other ingredients: Vegetable cellulose, K-gelatin, silica, vegetable magnesium stearate.

Rev. #01

Dist. by: Wonder Laboratories ®, 115 S.C.T. Ct. White House, TN 37188

Made in USA

0 90452 82566 0