

Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) capsule daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

See caution statement on opposite panel.

KEEP OUT OF REACH OF CHILDREN.



EUROPEAN
L-5 HTP
(L-5-hydroxyTRYPTOPHAN)

100 mg

Dietary Supplement
120 Capsules

Manufactured for:
CHK Nutrition
3930 E Calvary Rd • Duluth, MN 55803
877-538-8388 toll free

SUPPLEMENT FACTS

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%
Griffonia bean extract (<i>Griffonia simplicifolia</i>) (Standardized to 98% [100 mg] L-5-hydroxyTryptophan)	102 mg	*
*Daily Value not established		

Other Ingredients: Gelatin, water (capsules), rice powder, silica and magnesium stearate.

Our Standardized Griffonia Extract is made under strict European quality standards which are comparable to Over-The-Counter drug standards in the US. It provides optimal levels of naturally occurring L-5-hydroxyTryptophan.

Our L-5-HTP is formulated with important nutrients to optimize its effectiveness. Vitamin C and B-6 aid the conversion of tryptophan to serotonin in the body.

CAUTION: Not for use by children under 18 years. If pregnant or nursing, consult a physician before using this product. Do not use while operating a motorized vehicle or heavy machinery. Consult a physician before taking this product while using antidepressants or MAO-inhibiting medications.



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