



5-HTP (Griffonia Seed Extract)

Derived from *Griffonia simplicifolia* seeds

Storage: Keep dry, cool & dark

10g (0.35oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 200 milligrams

Servings per container: 50

Amount Per Serving	% Daily Value**
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5-Hydroxytryptophan 200mg	*
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* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: none

Free of: sugar, soy, dairy, yeast, gluten, corn or additives.

Directions: As a dietary supplement, take 50 mg to 200 mg (1/16 tsp) per day with meals, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
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1/32 teaspoon	91
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1/16 teaspoon	182
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1/8 teaspoon	364
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Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. **KEEP OUT OF REACH OF CHILDREN!**

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.