

Suggested Use: As a dietary supplement, take two (2) capsules daily.

To reduce any potential side effects such as nausea, we recommend to:

- (1) Take 5-HTP half an hour after a meal or with food.
- (2) Start with one capsule daily for the first two weeks.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

MOOD* • RELAX* • SLEEP*

KEEP OUT THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. 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.

Lot # and expiration date printed on bottom of bottle.

ARAZO NUTRITION

5-HTP

EXTRA STRENGTH*

BRAIN* • MOOD* • SLEEP*

**MAXIMUM POTENCY*
HIGH PURITY***

**DIETARY SUPPLEMENT
120 CAPSULES**

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

	Amount Per Serving	% DV
Calcium (as calcium carbonate)	328mg	25%
5-Hydroxytryptophan	200mg	†
(from <i>Griffonia simplicifolia</i> seed extract)		

† Daily Value (DV) not established.

Other ingredients: gelatin and magnesium stearate.



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