When taken as a supplement, your body converts 5-HTP directly into serotonin. These increased levels of serotonin help to remove stress & eases you into a calm and relaxed state†

HerbaDiet

- ✓ Promotes Healthy Sleep†
- ✓ Enhances mood & overall mental wellness†
- ✓ Supports Appetite Control †

† These statements have not been evaluated by FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE.
DO NOT USE IF SEAL UNDER THE CAP IS BROKEN OR MISSING

Best Before Two Years From Date of Manufacturing

Batch No : ARK-C20
Mfg. Date: Dec. 2016

CAUTION : If you are pregnant, breast feeding, or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

5113339164007

100% NATURAL

5-HTP EXTRACT

NEUROTRANSMITTER SUPPORT

Ayurvedic Proprietary Medicine

VEGAN VEGAN VEGAN VEGAN VEGAN

60 V CAPS

DIRECTIONS FOR USE: Take one capsule twice a day ***with meals***, or as directed by your physician.

SUPPLEMENT FACTS

Serving Size: 1 capsule — Serving per container : 60

Amount Per Serving	
5-HTP (5 Hydroxytryptophan) *(Griffonia Simplicifolia) (Seed)*	100 mg

FREE OF FILLERS, BINDERS, ARTIFICIAL INGREDIENTS, DAIRY, SOY, WHEAT, GLUTEN, YEAST

Suitable For Vegetarians And Vegans
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

DISTRIBUTED BY:
Arkure Health Care
11, Sector - 14
Rohtak-124001, Haryana, India

www.herbadiet.in