

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.

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).

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs). **KEEP OUT OF REACH OF CHILDREN.**

CAUTION: 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.



Gluten Free #593

5-HTP 100

**Hydroxytryptophan
Natural Griffonia Seed Extract
Precursor to Serotonin**

Dietary Supplement

60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving
5-HTP(L-5-Hydroxytryptophan) 100 mg	*
(from Griffonia Extract)(Griffonia simplicifolia)(seed)	

* Daily Value not established.

Other ingredients: Calcium phosphate, gelatin, silica, vegetable cellulose, vegetable magnesium stearate.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

Dist. by: **Dee Cee Laboratories, Inc. ®**
304 Dee Cee Rd., White House, TN 37188
Made in USA

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