

**PRODUCT INFORMATION:**

One capsule typically provides:

		%NRV*
Niacin (Vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
Folic acid	100µg	50
Biotin	50µg	100
Zinc	5mg	50
5-HTP (L-5-hydroxytryptophan)	100mg	

-from griffonia simplicifolia seed extract

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Bulking agent: rice bran; L-5- hydroxytryptophan, capsule: hydroxypropyl methylcellulose; vitamin B3 (nicotinamide), zinc citrate, vitamin B6 (pyridoxal-5-phosphate), vitamin B6 (pyridoxine hydrochloride), anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate; folic acid, biotin.

**FREE FROM:** Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, sugar, wheat, yeast.

**STORAGE:** Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

# HIGHER NATURE®

## MIND HEALTH

# SEROTONE 5-HTP

## 100mg



30 capsules  
vegetarian and vegan

**SEROTONE 5-HTP 100mg**  
**FOOD SUPPLEMENT - 30 CAPSULES**

- ✓ 5-HTP is an amino acid needed to produce serotonin
- ✓ Vitamins B3 and B6 contribute to normal psychological function

**DIRECTIONS:** Take 1 capsule a day preferably before bed with a carbohydrate snack. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**WARNING:** Consult your doctor if under medical supervision or taking prescribed medications. Not advisable if pregnant, breastfeeding or if taking antidepressants. Can cause drowsiness; do not drive or operate machinery if affected.

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