



MENTAL REFRESHMENT

PREMIUM BRAND / OPTIMUM RESULTS

5-HTP

5-Hydroxytryptophan

Supports Nervous System Health

100 mg

DIETARY SUPPLEMENT

180 Capsules

Supplement Facts

Serving Size: 1 Capsules

Amount Per Serving	%Daily Value
5-HTP (5-Hydroxytryptophan) 100 mg (from <i>Griffonia Extract</i>) (<i>Griffonia simplicifolia</i>) (seed)	100 mg*

* Daily Value not Established

Other Ingredients: Gelatin, Rice Powder.

CONTAINS NO: Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

WE HAVE ASSAYED & FULLY GUARANTEE THE QUALITY & POTENCY OF THIS PRODUCT.



Manufactured For:
Mental Refreshment Nutrition
Severna Park, MD 21146

www.mentalrefreshment.com

DIRECTIONS: For adults, take one (1) capsule twice daily as needed or before bedtime.

WARNING: Not for use by pregnant or lactating women. Avoid this product if you are taking antidepressants or weight-control drugs. May Cause Drowsiness. Do not drive a motor vehicle or operate heavy machinery or equipment while using this product. Do not exceed recommended dose. Excessive intake may cause adverse reactions. Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION or if you are taking ANY MEDICATIONS OR REMEDIES including OTC medications, or are planning any medical procedure. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort or headache. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN. WE HAVE ASSAYED & FULLY GUARANTEE THE QUALITY & POTENCY OF THIS PRODUCT.**

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

