

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

- ✓ 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.

DO NOT USE IF SEAL UNDER THE CAP IS BROKEN OR MISSING.
Dietary supplement shouldn't be used as a substitute for a varied diet
Natural color variation may occur in this product

Batch No.: ARK/C/0001
Mfg. Date } See bottom
Exp. Date } of the bottle

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. Keep out of reach of children. Store in cool, dry place

NOT FOR MEDICINAL USE

Code: HD0011



HerbaDiet

100% NATURAL

5-HTP EXTRACT

NEUROTRANSMITTER SUPPORT

Dietary Supplement



Non-GMO

DIRECTIONS FOR USE: Take 1 capsule daily, preferably on an empty stomach at bedtime 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 Extract)	100 mg
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% Daily Value Not Established

Other Ingredients: Vegetable Cellulose Shell (HPMC) (INS 464)
Suitable For Vegetarians And Vegans

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

EVERY BATCH 3RD PARTY LAB TESTED

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www.herbadiet.in

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