

Suggested use: Take 1 capsule daily with food and water, preferably at night time. Take consistently each day for best results.

Note: If you are pregnant or lactating, consult a healthcare professional before using this product. Store in a cool, dry place. Keep out of reach of children. Do not use this product if the safety seal on the bottle is broken.

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

supplement
spot

5-HTP

Supports positive mood
and sleep*

100 mg per serving
Dietary Supplement
120 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

Amount Per Serving	% Daily Value
5-Hydroxytryptophan 100 mg	**
(Griffonia Simplicifolia Extract)	

**Daily Value not established.

Other Ingredients: Vegetable Capsule,
Stabilized Rice Bran, Magnesium Stearate

 **FORMULATED IN USA**

Lot 42721
Best by 03/2022

Manufactured exclusively for:
Supplement Spot, LLC
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