

Purely Optimal®

5-HTP+ COMPLEX

WITH ASHWAGANDHA & L-TAURINE

POTENT AMINO ACID



- ✓ PROMOTES HEALTHY SLEEP*
- ✓ ENHANCES BRAIN FUNCTION*
- ✓ SUPPORTS SEROTONIN LEVELS*
- ✓ IMPROVES MOOD & RELAXATION*

DIETARY SUPPLEMENT

SUGGESTED USE:

As a dietary supplement, take two (2) capsules once a day or as directed by your health care professional.

CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN.

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

* 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.



X002S07EYH

LOT# and Expiration date printed on bottom of Bottle. V1R0

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (Ascorbic Acid)	20 mg	22%
Niacin	10 mg	63%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Magnesium (as Magnesium Oxide)	50 mg	12%
5-Hydroxytryptophan (5-HTP) (from Griffonia Simplicifolia Seed Extract)	250 mg	**
Ashwagandha (Root)	150 mg	**
L-Taurine	100 mg	**
Inositol	100 mg	**
Lemon Balm (Aerial Parts)	100 mg	**
Passionflower Extract (Whole Plant)	100 mg	**
Bacopa Extract (Whole Plant)(20% Bacosides)	100 mg	**
L-Theanine	100 mg	**
L-Tryptophan	50 mg	**
Skullcap (Root) Extract (<i>Scutellaria baicalensis</i>)	50 mg	**
Eleuthero (Root)	50 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose

