

Bluebonnet's 5-HTP 100 mg Vegetable Capsules
are formulated to help support healthy weight management, mood,
relaxation, and occasional sleeplessness with 5-hydroxytryptophan
from *Griffonia simplicifolia*. ♦ **Guaranteed free of Peak-X**



Free of milk, egg, fish, crustacean shellfish, tree nuts,
peanuts, wheat and soybeans.

Also free of gluten, barley, rice, sodium and sugar

Bluebonnet's KOF-K Certification #K-0000700

Caution: Consult with your healthcare practitioner prior to use
if you are taking prescription medication, particularly cognitive
drugs, such as MAO inhibitors and selective serotonin reuptake
inhibitors (SSRIs), or other anti-depressant medications. May
cause drowsiness, so refrain from operating machinery or driving
a vehicle when taking this product. Keep out of reach of children.



♦ 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.



Bluebonnet



5-HTP
100 mg

Mood & Sleep Support ♦



Dietary Supplement 60 Vegetable Capsules

Directions: As a dietary supplement, take one capsule
daily, preferably on an empty stomach at bedtime or as
directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	
5-HTP (5-Hydroxytryptophan derived from <i>Griffonia simplicifolia</i> seed extract)	100 mg *

* Daily Value not established.

Other ingredients: Capsule (hypromellose,
purified water), vegetable cellulose, vegetable
magnesium stearate.

Manufactured by
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