

Suggested Use: Take 1 capsule daily with or without food, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs, Soy or Gluten.

Warning: Keep out of reach of children. Not to be used when taking MAO inhibitors, selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. It should also not be used by individuals taking any of the category of medications known as "triptans". May impair your ability to drive or operate machinery. Should not be taken by individuals sensitive to Vitamin B6. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection, do not use if seal is missing or broken. Store in a cool dry place.

*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.



LAKE AVENUE™
NUTRITION

5-HTP with Vitamin B6 & Vitamin C

**Healthy Sleep &
Mental Well-Being
Support***

60 Veggie Capsules

**Dietary
Supplement**

Supplement Facts

Serving Size 1 Veggie Capsule
Servings Per Container 60

	Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid)	200 mg	222%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882%
5-HTP (5-hydroxy L-tryptophan) (from Griffonia simplicifolia Extract) (Seed)	100 mg	†

† Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Vegetarian Capsule), and Silicon Dioxide.

Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.

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