

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**



Bluebonnet



5-HTP 100 mg

Mood & Sleep Support ♦



Dietary Supplement **120** 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 120

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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♦ 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.