SUGGESTED USE: As a dietary supplement, take two (2) capsules daily. For best results, 20-30 minutes before a meal with an 8oz glass of water or as directed by your healthcare 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.



V1R0



SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 30 %DV

Amount Per Serving

Calcium (as Calcium Carbonate) 328mg 25%

5-Hydroxytryptophan 200mg (from Griffonia Simplicifolia seed extract)

** Daily Value (DV) not established

Ingredients: Gelatin (capsule), Magnesium Stearate.







