

Suggested Use: Take 1 capsule daily with or without food, or as recommended by a qualified healthcare professional.

Formulated Without: Gluten, GMOs or Soy

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. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

***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.**



5-HTP with Vitamin B6 & Vitamin C

Supports Healthy
Sleep & Mental Well-Being*



LAKE AVENUE[®]
NUTRITION

Dietary Supplement 60 Veggie Capsules

Supplement Facts

Serving Size 1 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 (L-5 Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (seed)	100 mg	†

† Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose (Veggie Capsule), Magnesium Stearate, and Silicon Dioxide (Silica).

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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