

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
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**Suggested use:** As a dietary supplement, take one capsule one to two times per day with water on an empty stomach.

**WARNING:** For adults only. Do not take this product if you are taking a prescription antidepressant or if you are pregnant or nursing. Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications. Keep out of reach of children.

Do not use if seal is broken. 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.

Rev 1 10 05 18



# 5-HTP

## Sleep Support

50 mg per capsule

DIETARY SUPPLEMENT | 60 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

L-5 HTP	50 mg*
(L-5 hydroxytryptophan) (Griffonia simplicifolia seed extract)	

\*Daily Value not established.

Other ingredients: Rice flour, gelatin, may contain one or both of the following: magnesium stearate, silica.

SW1236



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