

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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or visit our website at www.swanson.com

Suggested use: As a dietary supplement, take one veggie capsule with water one-half hour before bedtime.

WARNING: For adults only. As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, taking a prescription antidepressant, have an autoimmune condition or a depressive disorder, or are under 16 years of age. 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 0 11 05 18



5-HTP & Melatonin

Sleep Support

2 IN 1 FORMULA

DIETARY SUPPLEMENT | 30 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

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

Melatonin	3 mg*
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*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule), magnesium stearate.

SWU764

