

Suggested use: 1 to 2 capsules taken at bedtime with 8 ounces of water or as directed by a healthcare professional.

Caution: Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Reduce dose if drowsiness occurs. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

****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.**

5078-HS-HTP01-V02-60

supplement
spot®

5-HTP

Mood and Stress Support**

Dietary Supplement
60 Capsules

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
5-HTP (5-Hydroxytryptophan) (<i>Griffonia simplicifolia</i> seed)	100mg *

*Daily Value not established.

Other ingredients: Rice powder, gelatin (bovine) and vegetable magnesium stearate.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.



Manufactured exclusively for
Supplement Spot, LLC
Vero Beach, Florida, USA

800-285-1008
supplementspot.com

FORMULATED IN USA