

Bluebonnet's 5-HTP 100 mg Vegetable Capsules are formulated to help support healthy weight management, mood, relaxation, and occasional sleeplessness with 5-hydroxytryptophan from *Griffonia simplicifolia*. ♦ **Guaranteed free of Peak-X**

MAY SUPPORT

Occasional Sleeplessness

Brain & Mood

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Caution: Consult with your healthcare practitioner prior to use if you are taking prescription medication, particularly cognitive drugs, such as MAO inhibitors and selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. May cause drowsiness, so refrain from operating machinery or driving a vehicle when taking this product. Keep out of reach of children.

♦ 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.



Bluebonnet



5-HTP 100 mg

Mood & Sleep Support ♦



Dietary Supplement **120** Vegetable Capsules

Directions: As a dietary supplement, take one capsule daily, preferably on an empty stomach at bedtime or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

Amount Per Serving	
5-HTP	100 mg *
(5-Hydroxytryptophan derived from <i>Griffonia simplicifolia</i> seed extract)	

*Daily Value not established.

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by
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