

DIRECTIONS: As a dietary supplement, start with a low dose of 1 capsule taken with a meal. Increase the dose slowly (every 3-5 days) up to a maximum of 4 capsules taken daily. Total daily intake should be divided into two or more doses, with no more than 2 capsules per dose.

5-HTP is the precursor to serotonin, a mood and appetite regulating neurotransmitter produced within the body.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

WARNING: This product should not be taken by children, pregnant or lactating women. May cause gastrointestinal upset, diarrhea or nausea which usually disappears by reducing dosage or is minimized by taking with food. As with any supplement, if discomfort persists discontinue use. Those suffering from gut disorders such as ulcers, irritable bowel disease, Crohn's disease, celiac disease, etc., should not use 5-HTP. Those using MAO-inhibitors, antidepressants and drugs containing fenfluramine should not use 5-HTP. May cause drowsiness. Do not use while driving or operating machinery.

KEEP OUT OF REACH OF CHILDREN.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)



FORMULA

WONDER

Laboratories®

593

5-HTP 100 Hydroxytryptophan

Natural Griffonia Seed Extract

Precursor to Serotonin

Gluten Free

Dietary Supplement

60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving | % DV |
|--------------------|------|
|--------------------|------|

| | |
|---------------|---------------|
| Calcium | 64 mg .. 6.4% |
|---------------|---------------|

| | |
|---|---|
| 5-HTP(L-5-Hydroxytryptophan) 100 mg | * |
| (from Griffonia Extract)(Griffonia simplicifolia)(seed) | |

* Daily Value not established.

Other ingredients: Dicalcium phosphate, gelatin, silica, vegetable cellulose, vegetable magnesium stearate. Rev. #04

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

Dist. by: **Wonder Laboratories** © 115 S.C.T Ct. White House, TN 37188 **Made in USA**