

Directions: Take 1-2 capsules per day, as needed or before bedtime. Do not exceed stated dose.

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Keep out of sight and reach of children. Do not use if seal under cap is broken or missing. This product is not intended for use by persons under the age of 18.

All our products are subject to our stringent quality assurance. This product doesn't contain artificial flavours, colours or sweeteners.

www.hollandandbarrett.com

Holland & Barrett

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11-62899

HB-62900-1

H&B

I'M
RECYCLED
PLASTIC

Griffonia Simplicifolia Extract

250mg

Providing 20%

5-HTP
50MG

VEGAN

120

1 A DAY

CAPSULES

Bottle made from at least 80% recycled plastic. Please recycle bottle with cap on.

Nutritional Information

Each capsule contains:		%NRV*
Niacin	5mg NE	31%
Vitamin B6	5mg	357%
Magnesium	25mg	7%
Griffonia Seed Extract (non-selective)	250mg	**
(41 extract, equivalent to 1000mg Griffonia Seed)		
(Supplying 20% 5-HTP, 50mg)		

*NRV = Nutrient Reference Value

**No NRV Established

Ingredients: Griffonia Seed Extract (*Griffonia simplicifolia*) (non-selective), Capsule Shell (Hydroxypropyl Methylcellulose), Maltodextrin, Magnesium Oxide, Vitamin B6 (Pyridoxine Hydrochloride), Niacin (Nicotinamide), Anti-Caking Agent (Magnesium Stearate).

Food Supplement, 120 Capsules