



5-HTP

Suggested Daily Intake: Take one (1) capsule daily, preferably on an empty stomach at bedtime.

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Dosage Journalier Recommandé: Prendre 1 capsule par jour, de préférence l'estomac vide avant le coucher.

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Consumo Quotidiano Raccomandato: Prendere una (1) capsula al giorno, preferibilmente a stomaco vuoto, prima di andare a dormire.

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Vorgeschlagene tägliche Einnahme: Nehmen Sie täglich (1) Kapsel nach Wahl auf leeren Magen vor dem Schlafengehen ein.

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Dosis diaria recomendada: Tomar una (1) cápsula al día, preferentemente con el estómago vacío, a la hora de acostarse.

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Dose Diária Recomendada: Tome 1 cápsula por dia, preferencialmente com o estômago vazio na hora de dormir.

BIOVEA®

5-HTP

guaranteed premium quality

50mg
dietary
supplement

90
capsules



amino
acid

Supplement Facts

Serving Size: One (1) Capsule

Servings Per Container: 90

	Amount Per Serving	% DV
5-hydroxytryptophan (from Griffonia seed extract)	50mg	*

*Daily Value (DV) not established.

Other Ingredients: Rice flour, gelatin, cellulose, silica, magnesium stearate.

Warning: If you are pregnant or lactating, consult a health care professional before using this product. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.