

**PRODUCT INFORMATION**

One capsule typically provides:

|                                                 |             | %RDA* |
|-------------------------------------------------|-------------|-------|
| Niacin (Vitamin B3)                             | 30mg NE     | 188   |
| Vitamin B6                                      | 10mg        | 714   |
| (as Pyridoxal 5-phosphate<br>and Pyridoxine HCl | 5mg<br>5mg) |       |
| Folic acid                                      | 100µg       | 50    |
| Biotin                                          | 50µg        | 100   |
| Zinc                                            | 5mg         | 50    |
| 5HTP (L-5-hydroxytryptophan)                    | 100mg       |       |

\*RDA = Recommended Daily Allowance (new 2009 values)

**INGREDIENTS:** Bulking agent: rice bran; L-5-hydroxytryptophan, capsule: hydroxypropyl methylcellulose (carrageenan)\*; niacin (as nicotinamide), zinc citrate, pyridoxal-5-phosphate, pyridoxine hydrochloride, anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate\*; folic acid, biotin. \*(vegetarian source)

**DOES NOT CONTAIN:** sugar, salt, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

**Suitable for vegetarians and vegans.**

**This product is not tested on animals.**

**Charitable organisations policy:** supplements regularly donated



# HIGHER NATURE®

## SEROTONE 5HTP 100mg 5HTP + co-factors

**30 capsules  
VEGETARIAN  
FOOD SUPPLEMENT**

## SEROTONE 5HTP 100mg 30 capsules

**L-5-hydroxytryptophan supplement**

SE1030

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**DIRECTIONS:** Take 1 capsule a day (children over 8 years, 1 capsule every alternate day) preferably before bed, with a carbohydrate snack, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Not advisable if pregnant or taking fenfluramine. Care should also be taken if being prescribed SSRIs. Can cause drowsiness; do not drive or operate machinery if affected. In a very few cases gastro-intestinal discomfort can occur, which usually disappears by reducing the intake.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



SE1-084-04

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