

PRODUCT INFORMATION

One capsule typically provides:		%RDA*
Niacin (vitamin B3)	15mg NE	94
Vitamin B6	5mg	357
(as Pyridoxal 5-phosphate	2.5mg	
and Pyridoxine HCl	2.5mg)	
Folic acid	50µg	25
Biotin	25µg	50
Zinc	2.5mg	25
5HTP (L-5-hydroxytryptophan)	50mg	

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Bulking agent: rice bran; capsule: hydroxypropyl methylcellulose (carrageenan)*; L-5-hydroxytryptophan, 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

50mg

5HTP

+ co-factors

30 capsules

VEGETARIAN

FOOD SUPPLEMENT

SEROTONE 5HTP 50mg 30 capsules

SE5030

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L-5-hydroxytryptophan supplement

DIRECTIONS: Take 1-2 capsules a day (children over 5 years, 1 every alternate day, children over 8 years, 1 capsule a 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.



SE5-085-02

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com