

PRODUCT INFORMATION:

One capsule typically provides:

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

from griffonia simplicifolia seed extract

*RDA – Recommended Daily Allowance

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:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.



higher nature

SEROTONE 5HTP 50mg

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30
capsules

SEROTONE 5HTP 50mg

- ✓ 5HTP is an amino acid needed to produce serotonin.
- ✓ Vits B3 & B6 contribute to normal psychological function.

DIRECTIONS:

Adults take 1-2 capsules 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.

WARNING:

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. If gastro-intestinal discomfort occurs, reduce intake.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

SE5030
111



SE5-085-02

Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com