

PRODUCT INFORMATION:

One capsule typically provides:

		%RDA*
Niacin (Vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
-as Pyridoxal 5-phosphate	5mg	
-as Pyridoxine HCl	5mg	
Folic acid	100µg	50
Biotin	50µg	100
Zinc	5mg	50
5HTP (L-5-hydroxytryptophan)	100mg	
from griffonia simplicifolia seed extract		

*RDA = Recommended Daily Allowance

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:

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 100mg

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
capsules

SEROTONE 5HTP 100mg

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

SE1090
109

DIRECTIONS:

Adults take 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.

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.



SE1-084-04

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