

Recommended Adult Dose: Take one capsule three times daily with meals or as recommended by your healthcare practitioner. To minimize the risk of gastrointestinal side effects, start dosing at one capsule two times daily and slowly increase to effective dose over a two week period.

Risk Information: If you have scleroderma, do not use. If you are pregnant or breastfeeding, consult your healthcare practitioner. If you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain; or if you experience skin changes, discontinue use and consult your healthcare practitioner. Some people may experience diarrhea, nausea, vomiting, abdominal pain or drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives.

Quality Assurance: Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.



GENESTRA BRANDS

5HTP 100mg

AMINO ACID SUPPLEMENT

90 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 90

Each Capsule Contains

L-5-Hydroxytryptophan
(from *Griffonia simplicifolia* seeds) 100 mg *

* Daily Value not established

Other ingredients: Cellulose, hypromellose

Seroyal Seroyal USA
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V1.0 **456**

BARCODE LOCATION
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