

Manufactured by:
Douglas Laboratories
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Warning: If you are pregnant, trying to become pregnant, nursing, or taking any prescription medication (especially anticoagulants, oral contraceptives, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), consult your physician before using this product. This product may cause skin rashes or photosensitivity in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss.

Suggested Usage: As a dietary supplement, adults take 2 capsules daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #85081

Ultra 5-HTP Formula

A Dietary Supplement



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....1,000 IU	20%	L-5-HTP.....125 mg	*
(as Vitamin A Palmitate)		(L-5-hydroxytryptophan)	
Vitamin C.....100 mg	167%	L-Tyrosine.....100 mg	*
(as Ascorbic Acid)		L-Glutamine.....100 mg	*
Vitamin E.....30 IU	100%	Octacosanol.....1,500 mcg	*
(as d-alpha tocopheryl)		St. John's Wort.....30 mg	*
Thiamine.....5 mg	333%	(leaf and flower) (standardized	
Riboflavin.....5 mg	294%	to 0.3% hypericin)	
Niacinamide.....50 mg	250%	Ginkgo biloba (leaf).....15 mg	*
Folic Acid.....800 mcg	200%	(standardized to 24%	
Vitamin B-12.....1,000 mcg	16,667%	ginkgo flavone glycosides)	
Pantothenic Acid.....5 mg	50%	Inositol.....25 mg	*
Magnesium.....50 mg	13%	Pyridoxal-5-Phosphate..20 mg	*
(from Magnesium Aspartate Complex)		(P-5-P)	
Zinc.....10 mg	67%		
(from Zinc Picolinate)			
Chromium GTF.....100 mcg	83%		
(from Chromium Polynicotinate)			

*Daily Value not established.

Other ingredients: Cellulose and silica.