



Available Sizes: 30 Tablets

Directions: Take 1 tablet, up to two times daily, with food. For best results, allow a tablet to dissolve in the mouth before swallowing. No water necessary.

Supplement Facts

Serving Size: 1 Fast Dissolve Tablet

Servings Per Container: 30

Amount Per Serving	%DV
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5-HTP (5-Hydroxytryptophan) 100 mg *	
(From <i>Griffonia Simplicifolia</i>) (seed)	

*Daily Value not established.

Other Ingredients: Dextrose, Cellulose & Ester Derivatives, PVP, Artificial Flavor System (Black Currant), Sucralose, Silica, Beet Powder, Maltodextrin, Modified Food Starch.