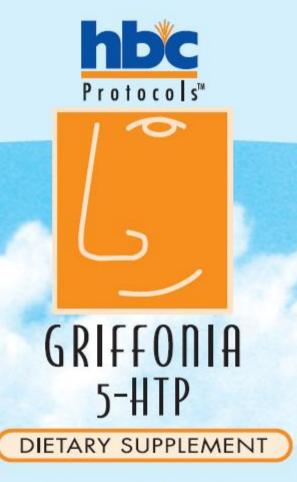
**Directions:** Adults take 2-10 tablets daily or as directed by a physician

## Supplement Facts Serving Size: 2 Tablets Serving Per Container: 60 Amount Per % Daily Value 5-Hydroxytryptophan 100 mg † (from Griffonia seed. 99% or greater purity) Vitamin B6 20 mg 2000% (as pyridoxine hydrochloride) † Daily value not established.

Other Ingredients: Calcium carbonate, cellulose, stearic acid, magnesium stearate.





50mg • 180 Tablets

5-HTP has been determined to be a bio chemical precurser to the neurotransmitter serotonin, and also to the circadian rhythm regulator melatonin. Excessive dosages may cause drowsiness.\*

CAUTION: Seek physician's advice before using if pregnantor lactating. Do not use if concurrently taking MAO inhibitor or other antidepressants. Do not use for cases of severe dpression. Not for use by preadolescent children.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

