

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 Serving	% Daily Value
5-Hydroxytryptophan (from Griffonia seed. 99% or greater purity)	100 mg	†
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	2000%

† Daily value not established.

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



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Protocols™



GRIFFONIA
5-HTP

DIETARY SUPPLEMENT

50mg • 180 Tablets

5-HTP has been determined to be a bio chemical precursor 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 pregnant or lactating. Do not use if concurrently taking MAO inhibitor or other antidepressants. Do not use for cases of severe depression. 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.

