

DIRECTIONS: Take 1-3 tablets daily. Start on one tablet and increase if necessary. Take half an hour before meals, or half an hour before bedtime. Do not exceed the recommended daily dose. Take for up to 3 months and then stop for a month and review. Food supplements should not be a substitute for a varied diet.

CAUTION: Do not take if pregnant or breastfeeding. In a few individuals 5-HTP can cause mild drowsiness so it is advisable not to drive or operate machinery until you determine how it affects you. If you are taking anti-depressants, you should consult your doctor before taking this product.

KEEP AWAY FROM CHILDREN

NATURE'S BEST®

5-HTP **PURE** 100mg

FROM GRIFFONIA SEED EXTRACT

FOOD SUPPLEMENT
60 TABLETS

564-60

LL964-2

PRODUCT INFORMATION

Typically per tablet:

L-5-Hydroxytryptophan 100mg
From Griffonia seed extract

INGREDIENTS: DiCalcium Phosphate, Calcium Carbonate, Cellulose, L-5-Hydroxytryptophan, Tablet Coating (Hydroxypropyl Methylcellulose, Colour: Titanium Dioxide, Glycerin), Silicon Dioxide, Stearic Acid, Magnesium Stearate.

STORE IN A COOL DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

