

# EUROPEAN L-5-HTP

(L-5-*hydroxy*TRYPTOPHAN)

## 100 mg

*Dietary Supplement*

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% DV
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin B-6 (as pyridoxine HCL)	25 mg	1,250%
Griffonia bean extract ( <i>Griffonia simplicifolia</i> ) (Standardized to 98% [100 mg] L-5- <i>hydroxy</i> Tryptophan)	102 mg	*

\*Daily Value Not Established

**Other Ingredients:** Gelatin (capsules), (May contain one or more of the following; rice powder, silica and magnesium stearate).

Our Standard Griffonia Extract is made under strict European quality standards which are comparable to Over-The-Counter drug standards in the US. It provides optimal levels of naturally occurring L-5-*hydroxy*Tryptophan.

Our L-5-HTP is formulated with important nutrients to optimize its effectiveness. Vitamin C and B-6 aid the conversion of tryptophan to serotonin in the body.

**Caution:** Not for use by children under 18 years. If pregnant or nursing, consult a physician before using this product. Do not use while operating a motorized vehicle or heavy machinery. Consult a physician before taking this product while using anti-depressants or MAO-inhibiting medications.

**Contains No Added** sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) capsule daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light. Keep out of reach of children.

See caution statement on opposite panel.

**QUALITY AND POTENCY GUARANTEED.**