

PRODUCT INFORMATION:

One capsule typically provides:

		%NRV*
Niacin (Vitamin B3)	15mg NE	94
Vitamin B6	5mg	357
Folic acid	50µg	25
Biotin	25µg	50
Zinc	2.5mg	25
5-HTP (L-5-hydroxytryptophan)	50mg	

-from *griffonia simplicifolia* seed extract

*NRV = Nutrient Reference Value

INGREDIENTS: Bulking agent: rice bran, capsule: hydroxypropyl methylcellulose, L-5-hydroxytryptophan (from *griffonia simplicifolia* seed extract), nicotinamide (vitamin B3), zinc citrate, pyridoxal-5-phosphate (vitamin B6), pyridoxine hydrochloride (vitamin B6), anti-caking agent: silicon dioxide, anti-caking agent: magnesium stearate, pteroylmonoglutamic acid (folic acid), biotin.

No artificial colours, flavours or preservatives.

No yeast, added sugar or salt.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

SEROTONE 5-HTP

50mg

90 capsules
vegetarian and vegan

**SEROTONE 5-HTP 50mg****FOOD SUPPLEMENT - 90 CAPSULES**

- ✓ 5-HTP is an amino acid needed to produce serotonin
- ✓ Vitamins B3 and B6 contribute to normal psychological function

DIRECTIONS: Adults take 1-2 capsules a day, ideally before bed with a carbohydrate snack. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: Do not take if pregnant, breastfeeding or taking antidepressants. If you are taking any other medication or have a medical condition, please consult your healthcare professional before using this product. Can cause drowsiness; do not drive or operate machinery if affected.

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