

**PRODUCT INFORMATION:**

One capsule typically provides:

		%RDA*
Niacin (Vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
-as Pyridoxal 5-phosphate	5mg	
-as Pyridoxine HCl	5mg	
Folic acid	100µg	50
Biotin	50µg	100
Zinc	5mg	50
5HTP (L-5-hydroxytryptophan)	100mg	

*from Griffonia simplicifolia seed extract*

\*RDA – Recommended Daily Allowance

**INGREDIENTS:**

Bulking agent: rice bran; L-5-hydroxytryptophan, capsule: hydroxypropyl methylcellulose (carrageenan)\*; niacin (as nicotinamide), zinc citrate, pyridoxal-5-phosphate, pyridoxine hydrochloride, anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate\*; folic acid, biotin. \*(vegetarian source)

**DOES NOT CONTAIN:**

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, sugar, wheat, yeast

Suitable for vegetarians and vegans.

This product is not tested on animals.



# higher nature

## SEROTONE 5HTP

### 100mg

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30  
capsules**SEROTONE 5HTP 100mg**

- ✓ 5HTP is an amino acid needed to produce serotonin.
- ✓ Vits B3 & B6 contribute to normal psychological function.

**DIRECTIONS:**

Adults take 1 capsule a day preferably before bed, with a carbohydrate snack, or as your health professional advises. 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:**

Not advisable if pregnant or taking fenfluramine. Care should also be taken if being prescribed SSRIs. Can cause drowsiness; do not drive or operate machinery if affected. If gastro-intestinal discomfort occurs, reduce intake.

**STORAGE:**

Store in a cool, dry, steam free environment out of reach of children.

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