



GENESTRA
BRANDS®

5HTP 100 mg

Dietary Supplement

Precursor of serotonin to support healthy mood and sleep¹

90 VEGETARIAN CAPSULES

Recommended Dose: Take 1 capsule 3 times daily with meals or as recommended by your health professional. To minimize the risk of gastrointestinal side effects, start dosing at 1 capsule 2 times daily and slowly increase to recommended dose over a 2 week period. **Warning:** If you are pregnant, lactating or have scleroderma, do not use. If you have any health condition or are taking any medication, particularly antidepressants or other psychiatric medications, consult your health professional before use. If you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or experience skin changes, discontinue use and consult your health professional. Some people may experience diarrhea, nausea, vomiting, abdominal pain or drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

¹This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

VS 456-90U

Manufactured for

Seroyal USA

Pittsburgh, PA 15275

1-888-737-6925

seroyal.com

Supplement Facts

Serving Size 1 Capsule

Servings per Container 90

	Amount Per Serving	% DV
L-5-Hydroxytryptophan (from <i>Griffonia simplicifolia</i> seeds)	100 mg	*

* Daily value (DV) not established

Other ingredients: Cellulose, hypromellose



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