Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

L-Tryptophan Complex (Or name of choice – take care not to breach legislation with regards to claims)

A daily one-per-day supplement combining L-Tryptophan with Magnesium Glycinate, Niacin, Vitamin B6 and both Lemon and Chamomile extract. Product prescription (or product description of clients’ choice in line with legislation)

Claims (can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

Vitamin B6, Niacin and Magnesium all contributes to

* Normal functioning of the nervous system.
* Normal psychological function.
* The reduction of tiredness and fatigue
* Normal energy-yielding metabolism.

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly.

Food Supplement

120 Capsules

**BACK LABEL**

**Directions:**

Adults, take 1 capsule per day.

Do not exceed recommended amount.

**Product Information:**

*Each capsule typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | %NRV\* |
| NiacinVitamin B6Magnesium *As Magnesium Bisglycinate*L-TryptophanLemon Balm Extract Chamomile Extract | 16mg5.6mg57mg*285mg*220mgEquivalent to 500mgEquivalent to 500mg | 10040015.20 |

*\*Nutrient Reference Value*

**Ingredients:**

Magnesium Bisglycinate, L-Tryptophan, Capsule Shell: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Lemon Balm Extract, Chamomile Extract, Nicotinamide (Niacin), Silicon Dioxide, Magnesium Stearate, Pyridoxine Hydrochloride (Vitamin B6).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool, dry & dark place, under 25 degrees, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-501$front

Back Label: PL-501$back

**Label Size**

84mm x 140mm at 600DPI