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

**FRONT LABEL (1)**

**5HTP**   
From Griffonia Seed

Food Supplement providing 5HTP extracted from Griffonia Seed.

Suitable for Vegetarians and Vegans

Food Supplement  
New Formulation

90 Capsules

**ALTERNTIVE FRONT LABEL (2)**

**5HTP 200mg\***  
From Griffonia Seed

Food Supplement providing 5HTP extracted from Griffonia Seed.

Suitable for Vegetarians and Vegans

Food Supplement  
New Formulation

90 Capsules

\*Per 4 Capsule Daily Serving

**ALTERNTIVE FRONT LABEL (3)**

**5HTP**   
*From Griffonia Seed 400mg\**

Food Supplement providing 5HTP extracted from Griffonia Seed.

Suitable for Vegetarians and Vegans

Food Supplement  
New Formulation

90 Capsules  
  
\*Whole Seed Equivalent from Extract per capsule

**BACK LABEL**

**Directions:**

Adults, take 2-4 capsules daily, ideally on an empty stomach or a carbohydrate only snack. Do not exceed recommended amount.

**Product Information:**Typical levels

|  |  |  |
| --- | --- | --- |
|  | **Two Capsules** | **Four Capsules** |
| 5-HTP | 100mg | 200mg |
| *From Griffonia Seed* | *800mg whole seed equivalent (from extract)* | *1600mg whole seed equivalent (from extract)* |

**Ingredients:**

Bulking Agent: Brown Rice Flour, Capsule Shell: Hydroxypropyl Methylcellulose (HPMC), GriffoniaSeed Extract, Flow Agent: Magnesium Stearate.

**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-412$front

Back Label: PL-412$back

**Label size:**

709px x 897px at 300DPI (that's 60mm x 76mm)