Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling. For presentation to UK market.

**FRONT LABEL**

**Griffonia Seed Extract**

Food Supplement with Griffonia Seed Extract providing naturally occurring 5-HTP.

Suitable for Vegetarians and Vegans

90 Capsules

**BACK LABEL**

**Directions:**

Adults, take three (3) capsules daily, ideally on an empty stomach or a carbohydrate-only snack. Do not exceed the maximum recommended amount of 4 capsules per day.

**Product Information:***Typical levels:*

|  |  |  |
| --- | --- | --- |
|  | **Per Capsule** | **Per 3 Capsules** |
| Griffonia Seed Extract 20:1 (<30% 5-HTP) | 175mg | 525mg |
| * *Extracted from Griffonia Seed* | *3000mg* | *9000mg* |
| Providing no more than 30% naturally occurring 5HTP | | |

**Ingredients:**

Griffonia Seed Extract 20:1 (<30% 5-HTP), Bulking Agent: Brown Rice Flour, Capsule Shell: Hydroxypropyl Methylcellulose (HPMC), 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.

**Storage:**

For Best Before End (BBE) and Batch Number, see the base of the bottle.

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

Produced in accordance with Good Manufacturing Practice (GMP) for:

Name or business name and address of the food business operator. (Mandatory under Article 9(1)(h) of EU Regulation 1169/2011)

**Please give files following file names:**

Front Label: PL-412$front

Back Label: PL-412$back

**Label size:**

60mm x 76mm at 600DPI

**Note:** Label Artwork

Design must have an additional 2mm bleed on each side for print. File size submitted is therefore **64mm x 80mm.**

See this page for more details - <https://support.nutribl.com/support/solutions/articles/9000143837-can-we-design-our-own-labels-for-private-label->

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Aug 18 |  | JN |
| V2 | 31.08.18 | Review | KA |
| V3 | 03.09.19 | Not recommended for use by pregnant or breastfeeding women / lifestyle | KA |
| V4 | 10.12.19 | Vegan and Allergy Updates | KA |
| V5 | 11.03.21 | Multiple. Label Update, Amount Changed re Novel Food | KA |
| V6 | 03.12.21 | Remove Vegan Society references | JN |
| V7 | 23.08.2024 | Switch to Griffonia Seed Extract 20:1 (<30% 5-HTP) to comply novel food regulations | JN |
| V8 | 27.02.2025 | Update presentation of the 5HTP content in line with the raw material specification | JN |
| V8 | 25.03.2025 | Update presentation in line with feedback from Rotherham Council | JN |