

Natrol® 5-HTP 200mg Time Release:

- Promotes a calm and relaxed mood and helps maintain a positive outlook†
- Helps reduce occasional anxiety†
- Enables production of Serotonin†
- 2-Layer Tablet—outer layer releases 5-HTP quickly to help you relax, followed by the controlled release of an inner layer to help you stay relaxed throughout the day†
- 100% Drug-free and non-habit forming

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs, including drugs for depression, migraines, Parkinson's disease or psychiatric disorders. Do not use with other supplements containing L-Tryptophan or 5-HTP. Do not use if you are pregnant, lactating or under the age of 18 years.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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NATROL®

5-HTP

MOOD & STRESS

Promotes a Calm & Relaxed Mood†
Helps Reduce Occasional Anxiety†

100% Drug-Free



TIME RELEASE

200mg

MAXIMUM STRENGTH



VEGETARIAN

30 TABLETS

DIETARY SUPPLEMENT

Directions: Take 1 tablet, one time daily, with food.
Do not exceed recommended dose.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Amount Per Serving		%DV
Calcium	55 mg	4%
(from Dibasic Calcium Phosphate)		
5-HTP (5-Hydroxytryptophan)	200 mg	*
[from <i>Griffonia simplicifolia</i> (seed)]		

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Methylcellulose, Stearic Acid, Hypromellose, Silicon Dioxide, Magnesium Stearate, Glycerin.

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Manufactured by NATROL LLC
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www.natrol.com

LOT/EXP: