



Suggested usage: 1 caplet 2–3 times per day with meals or as directed by a health professional. To minimize the risk of gastrointestinal side effects, slowly increase dose over a period of 2 weeks.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

5-HTP is an intermediate metabolite between L-tryptophan and serotonin. Supplementing with 5-HTP provides natural support for sleep and emotional well-being.*

Time-release caplets minimize gastric discomfort and optimize absorption.* Natural Factors amino acids are the highest quality pharmaceutical-grade products available.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



5-HTP

100 mg

FREE FORM AMINO ACID

60 Time-Release Caplets

EMOTIONAL WELL-BEING*



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	% Daily Value
Calcium (dicalcium phosphate)	70 mg	5%
5-Hydroxytryptophan (5-HTP) (<i>Griffonia simplicifolia</i>) (seed)	100 mg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, carbohydrate gum [cellulose], coating (carbohydrate gum [cellulose], glycerin), magnesium stearate (vegetable grade).

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LOT & EXPIRY 1.3125" x .25" Single Line

