



5-HTP

Mood & Relaxation[†]

Pier Mall



Mood Support[†]

12-Hour Time Release Formula

Promotes Calm & Relaxed Mood[†]

Helps Control Appetite[†]

100% Drug Free



5-HTP Mood & Relaxation[†]

Natrol[®] 5-HTP Mood & Relaxation is a drug-free, plant-derived source of an amino acid that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, thought and sleep. Today's stress-filled lifestyles and dietary practices may negatively alter serotonin production, which can cause irritability. Regular use of Natrol[®] 5-HTP Mood & Relaxation helps promote more positive outlook, promotes relaxation, calm and greater appetite control.[†]

Natrol[®] 5-HTP Mood & Relaxation has a controlled delivery system that releases 5-HTP slowly and then steadily over a period of 12 hours. 5-HTP has been the subject of extensive clinical research demonstrating its beneficial effects on mood.[†]

100% Vegetarian.

Pier Mall

Directions: Take 1 tablet, up to two times daily, with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

5-HTP (5-Hydroxytryptophan) derived from *Griffithsia simplicifolia* (perilla) 100 mg[†]

Other Ingredients: Cellulose, Dibasic Calcium Phosphate, Hydroxypropyl Cellulose, Stearic Acid, Magnesium Stearate, Methylcellulose, Dmann.

Manufactured by Natrol, Inc., Chiltonville, NJ 07015 • (USA)

1-800-2-NATROL (800-262-6788) • www.natrol.com

50 mg: Wheat, Corn, Milk, Egg, Soy, Gluten, Artificial Colors or Flavors, Added Sugar or Preservatives

Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs, including drugs for depression, seizures, serotonin disease, or psychiatric disorders. Do not use with other supplements containing 5-hydroxytryptophan or 5-HTP. Do not use if you are pregnant, lactating, or over the age of 18 years.

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