



NON-GMO • MASS SPEC

Documentation ✓ Lab Tested ✓

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 or supplements with serotonergic activity (specifically those with SSRIs, MOAs, or depressant/sedative affect), have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Supplementing with 5-HTP provides natural support for emotional well-being, and caplets are time released to 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



Recyclable container and label.

DIETARY SUPPLEMENT

Stress-Relax[®]

5-HTP

5-Hydroxytryptophan

100 mg

120 Time Release Caplets

EMOTIONAL WELL-BEING*

natural Factors[®]

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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