

### Natrol® 5-HTP 100 mg Time Release:

Controlled release tablet releases 5-HTP slowly to help support a balanced mood and promote production of serotonin throughout the day†

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, or are taking medication or have a medical condition; including drugs for depression, migraines, Parkinson's disease or psychiatric disorders. Do not use with other supplements containing L-Tryptophan or 5-HTP. If adverse reactions occur, discontinue use.

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

† 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.

ITEM: 5228.941 F: 3001864 L: 2010242-23158



# NATROL®

## MOOD + STRESS

# 5-HTP 100mg

TIME RELEASE

100%  
DRUG  
FREE

- ✔ Helps support a balanced mood†
- ✔ Promotes production of serotonin throughout the day†

45 Tablets

DIETARY SUPPLEMENT

**SUGGESTED USE:** Adults, take 1 tablet, up to two times daily with a meal. Do not exceed recommended intake.

### Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 45

Amount Per Serving		%DV
Calcium	32 mg	2%
(as Dibasic Calcium Phosphate)		
5-HTP (5-Hydroxytryptophan)	100 mg	*
(from <i>Griffonia simplicifolia</i> (seed))		

\*Daily Value (DV) not established.

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

Distributed by NATROL LLC  
Sherman Oaks, CA 91403, USA  
1-800-2-NATROL (800-262-8765)  
[www.natrol.com](http://www.natrol.com)

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Sesame

Do not use if safety seal is damaged or missing.

FILL LINE  
BELOW LABEL

LOT/EXP: