

Suggested Usage: 1 caplet 2–3 times daily 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. Keep out of reach of children.

5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. Supplementing with 5-HTP provides natural support for emotional well-being.*

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color or sweeteners; no corn, dairy, gluten, soy, starch, wheat or yeast. 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.

LOT & EXPIRY 1.3125" x .25" Single Line

Stress-Relax[®]

5-HTP

5-Hydroxytryptophan

Natural Support for Emotional Well-Being*

100 mg

Recommended by Dr. Michael Murray



120 Enteric
Coated Caplets

natural
Factors[®]

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	
5-HTP (<i>Griffonia simplicifolia</i>) (seed)	100 mg**

** Daily Value not established.

Other ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, purified water, enteric coating (purified water, ethylcellulose, medium chain triglycerides (coconut), oleic acid, carbohydrate gum [cellulose], glycerin, sodium alginate, stearic acid), magnesium stearate (vegetable grade).

