

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 the reach of children.

Supplementing with 5-HTP provides natural support for emotional well-being, and caplets are enteric coated to minimize gastric discomfort and optimize absorption.* Natural Factors amino acids are the highest quality pharmaceutical grade products available.

Recommended by Dr. Michael Murray, one of the world's leading experts on natural medicine.

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, 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.

LOT & EXPIRY 1.3125" x .25" Single Line

**Purity & Potency
Guaranteed**

Stress-Relax[®]

5-HTP

5-Hydroxytryptophan

100 mg

60 Enteric Coated Caplets

EMOTIONAL WELL-BEING*



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	% Daily Value
5-HTP (<i>Griffonia simplicifolia</i>) seed (Pharmaceutical Grade)	100 mg	**
Calcium (dicalcium phosphate)	130 mg	15%

** Daily Value not established.

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

