

Natrol® 5-HTP 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. Regular use of Natrol 5-HTP helps provide a more positive outlook, and promotes relaxation, calm and greater appetite control.†

Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs including drugs for depression, migraines, Parkinson's disease or psychiatric disorders. Do not use with other supplements containing L-tryptophan or 5-HTP. Do not use if you are pregnant, lactating or under the age of 18 years.

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

† 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: 882 F: 3000285 L: 2004389-15126



Actual Size



NATROL® 5-HTP 50mg

- Promotes Positive Mood[†]
- Helps Control Appetite[†]
- Naturally Drug Free

45 CAPSULES
DIETARY SUPPLEMENT



Directions: Take 1 capsule, up to four times daily, with food.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

5-Hydroxytryptophan	50 mg*
(from <i>Griffonia simplicifolia</i>) (seeds)	

*Daily Value not established

Other Ingredients: Cellulose, Gelatin, Water, Silica, Magnesium Stearate.

Manufactured by NATROL LLC
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www.natrol.com

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Soybeans, Yeast, Corn, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives

LOT/EXP: