

Natrol® 5-HTP 100mg Time Release 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, and sleep. **Natrol® 5-HTP** helps provide a more positive outlook, promotes relaxation, calm and greater appetite control. **Natrol® 5-HTP 100mg Time Release** is 100% vegetarian and has a controlled delivery system.†

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: 5228.911 F: 3001864 L: 2007690-15096



ACTUAL
SIZE

NATROL® 5-HTP Time Release 100mg

- Promotes Calm & Relaxed Mood[†]
- Helps Control Appetite[†]
- Time Release Formula

45 TABLETS
DIETARY SUPPLEMENT



Directions: Take 1 tablet, up to two times daily, with food. Do not exceed recommended dose.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 45

Amount Per Serving	%DV
Calcium (as Dibasic Calcium Phosphate)	32 mg 3%*
5-HTP (5-Hydroxytryptophan) [from <i>Griffonia simplicifolia</i> (seed)]	100 mg **

* Percent Daily Value (DV) based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Dibasic Calcium Phosphate, Cellulose, Hypromellose, Silica, Stearic Acid, Magnesium Stearate, Methylcellulose, Glycerin.

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

LOT/EXP: