

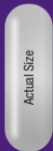
**Natrol® 5-HTP** is a drug-free plant-derived source of an amino acid that naturally increases the body's level of serotonin, the chemical messenger that affects emotions, behavior, appetite, thought and sleep. Regular use of Natrol 5-HTP helps provide a more positive outlook, and promotes relaxation, 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: 883 F: 3000285 L: 2005337-9141



NATROL

# 5-HTP

## 50mg

- Promotes Positive Mood<sup>†</sup>
- Helps Control Appetite<sup>†</sup>
- Naturally Drug Free

**60 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> ) (seed) |        |

\*Daily Value not established.

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

Manufactured by NATROL, Inc.  
Chatsworth, CA 91311 • USA  
1 800 2-NATROL (800 262-8765)  
[www.natrol.com](http://www.natrol.com)

**NO** Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives

**NO  
UV  
DO  
NOT  
PRINT**

LOT/EXP: