

Happy Thoughts are Ahead!® with Natrol® Mood Positive® 5-HTP. This dual action formula combines the power of 5-HTP, to promote balanced serotonin, a chemical messenger that affects emotions, behavior, and appetite control, along with L-Theanine to support a deep state of relaxation without drowsiness. Studies show that some people suffering from emotional blues may have lower blood levels of B12 and Folic Acid, which are being studied for their role in maintaining emotional well-being.*

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: 5233 F 3002281 L 2004724-15115



ACTUAL SIZE

NATROL® Mood Positive® 5-HTP

- Supports Feelings of Happiness and Well-Being†
- Promotes Balanced Serotonin to Help Support Greater Appetite Control†
- Helps Reduce Anxiety†

50 TABLETS
DIETARY SUPPLEMENT



Directions: Take 1 tablet, one or two times daily, with food.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg 500%
Folic Acid	200 mcg 50%
Vitamin B-12 (Cyanocobalamin)	50 mcg 833%

5-HTP (5-Hydroxytryptophan) 50 mg (derived from *Griffonia simplicifolia* seed)
Suntheanine® L-Theanine 50 mg *

*Daily Value (DV) not established.

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

Manufactured by NATROL LLC
Chatsworth, CA 91311 • USA
1 800 2-NATROL (800 262-8765)

www.natrol.com

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives
100% Vegetarian

Suntheanine® is a registered trademark of Taiyo International, Inc.

NO UV

LOT#

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- 5-HTP is the direct precursor to serotonin, a chemical messenger that affects emotions, behavior and appetite control. 5-HTP has been successfully shown to minimize emotional blues.†
- L-Theanine promotes the brain's alpha waves, similar to those measured in deep meditation. It aids in a feeling of calm and relaxed focus.†
- Studies show that some people experiencing emotional blues may have lower blood levels of B12 and Folic Acid, which are being studied for their role in maintaining emotional well being.†

Nature has provided an elegant solution to address emotional blues and anxiety. Both 5-HTP and L-Theanine are naturally occurring amino acids that directly affect the brain's emotional and thinking centers. Happy Thoughts are Ahead!® with Natrol® Mood Positive® 5-HTP.†

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