

**Suggested Usage:** 1 caplet, 1-2 times per day or as directed by a health professional. Keep out of reach of children.

5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. Supplementing with 5-HTP provides natural support for emotional well-being.\*

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

*Contains no artificial preservatives, color or sweeteners; no corn, dairy, soy, starch, wheat or yeast. 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,  
1111-80th St. SW, Ste. 100  
Everett WA, USA 98203



Recyclable container.

**Purity & Potency  
Guaranteed**

LOT & EXPIRY 1.3125" x .25" Single Line

**Stress-Relax**

**5-HTP**

**5-HYDROXYTRYPTOPHAN**

*Natural Support for Emotional Well-being\**

**100 mg**

*Recommended by Dr. Michael Murray*



**60 Enteric Coated  
Caplets**

**natural  
Factors**

## Supplement Facts

Serving Size 1 Caplet

|                                                                     | Amount Per<br>Serving | % Daily<br>Value |
|---------------------------------------------------------------------|-----------------------|------------------|
| 5-HTP ( <i>Griffonia simplicifolia</i> ) powdered<br>extract (seed) | 100 mg                | **               |

\*\* Daily Value not established.

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

