

Natrol® 5-HTP TR 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, thought and sleep. Regular use of Natrol 5-HTP helps provide a more positive outlook, promotes relaxation, calm and greater appetite control. Natrol 5-HTP TR is 100% vegetarian and has a controlled delivery system that releases 5-HTP slowly and then steadily over a period of 12 hours.†

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 F: 3001864 L: 2004641-8143



ACTUAL  
SIZE

NATROL®

# 5-HTP TR Time Release 100mg

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

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

### Amount Per Serving

5-HTP (5-Hydroxytryptophan) 100 mg\*  
(derived from *Griffonia simplicifolia*) (seed)

\*Daily Value (DV) not established.

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

Manufactured by NATROL, Inc.  
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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

LOT/EXP: