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Product Information

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Featured Product

Item	**5-HTP 50 mg**
Size/Form	30, 45, 60 Capsules
SKU Number	884,882,883
Recommended Daily Dosage	Take 1 capsule daily with a meal.



• *Helps Control Appetite**
• *Promotes Balanced Serotonin Levels**
• *Mood Enhancer**

*Serotonin is a compound found in the body and concentrated especially in the brain. This neurotransmitter is responsible for regulation of mood and behavior. Having adequate levels of serotonin can help in feeling calm and relaxed; having too little sometimes leads to irritability and uneasiness.**

*Taking **Natrol 5-HTP** can help. **Natrol 5-HTP**, naturally derived from Griffonia seeds converts to serotonin in the brain and liver, balancing the body's serotonin levels to help enhance mood naturally. It helps you maintain a positive, healthy and restful outlook. It even helps control appetite.**

COOL AS A CUCUMBER, HAPPY AS A CLAM.

*Oftentimes, unsettling feelings and an indifferent mood can lead to unhealthy eating patterns. That's when you know need to just relax and take five! **5-HTP Natrol**, that is, which may enhance mood. As nutritional science continues to uncover more benefits from nature, scientific studies have demonstrated the significant value of 5-HTP.**

***5-HTP from Natrol** is all natural and helps enhance mood and outlook, and was created with your lifestyle in mind. Taken daily, it balances your brain's natural*

*serotonin levels so you can balance the rest of your life.**

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 30, 45, 60

Ingredient	Amt Per Serving	% Daily Value
5-Hydroxytryptophan (from *Griffonia simplicifolia*) (seeds)	50 mg	**

**Daily value not established.

Other Ingredients

Rice Powder, Gelatin, Silica, Magnesium Stearate.

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

Other Information

STORE IN A COOL DRY PLACE.
KEEP OUT OF THE REACH OF CHILDREN.

Warning: Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

*** 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.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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