



Natrol Wins Best of Supplements Award

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CHATSWORTH, Calif.— *Better Nutrition* magazine gave Natrol® 5-HTP the Best Of Supplements award in the Brain and Wellness category. Last year, Natrol® Carb Intercept® won the Metabolism and Weight Loss category.

Natrol® 5-HTP is a drug-free, plant-derived amino acid source of 5-HTP, which naturally increases the body's level of serotonin a chemical messenger affecting emotions, behavior, appetite, thought and sleep.

To determine Better Nutrition's Best Of Supplements awards, the magazine conducts interviews with a panel of experts, including naturopaths, medical doctors and supplement industry specialists. These experts also complete a supplement survey and provide feedback on various supplements.

The winning supplements will be featured in the magazines November 2009 issue, recognizing more than 70 products in more than 30 categories.