

L-Tryptophan, USP**500 mg, 60 capsules**

Item Catalog Number: 2139

L-tryptophan is an amino acid that is used to promote relaxation, and is taken before sleep or prior to or during anxiety provoking situations. L-tryptophan can also be used to help prevent carbohydrate cravings.

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

Pure L-Tryptophan 500 mg

Other ingredients: gelatin capsule, vegetable stearic acid, silica, plant cellulose.

Dosage and Use

- Adults, Take one or two capsules 15 to 30 minutes before bedtime with 6-8 oz. of water or a small amount of carbohydrate such as diluted fruit or vegetable juice to facilitate uptake.
- Should not be taken with milk, hot fluids, or other proteins (recommended 1 hour to either side of protein).
- Make sure that a good B-Complex is taken during the day with a balance of B-2 (Riboflavin), B-3 (Niacin), and especially B-6 (Pyridoxine) to maximize serotonin production.
- Do not exceed 5 capsules or 2.5 grams per day unless directed by your physician.

Caution

If you are pregnant, nursing, or using medications (most importantly certain classes of anti-depressant drugs), consult your doctor before using. As with any dietary supplement, if any adverse reaction should occur, discontinue use.

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