

L-Tryptophan**500 mg, 120 tablets**

Item Catalog Number: 31002

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and feeling better. It plays part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system.

Source Naturals L-Tryptophan is extremely pure and is regularly tested to ensure the highest standards of quality.*

Supplement Facts

Serving Size 3 tablets

Servings Per Container 40

Amount Per Serving

Calcium	69 mg
L-Tryptophan	1.5 g

Other ingredients: dibasic calcium phosphate, stearic acid, modified cellulose gum, and colloidal silicon dioxide.

Suitable for Vegetarians and Hypoallergenic: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

Dosage and Use

- One tablet three times daily, between meals and preferably with fruit juice.
- To support restful sleep, take three tablets before bed.

Caution

If you are pregnant, breastfeeding, may become pregnant, or are taking medications such as SSRI's or MAOI's consult your health care professional before using this product.

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