

**L-Tryptophan****180 capsules**

Item Catalog Number: 27301

The amino acid tryptophan helps boost levels of serotonin, a mood-enhancing neurotransmitter involved in promoting a sense of well being, calm, personal security, relaxation, confidence, concentration and appetite control. Tryptophan support anxious and agitated individuals who have serotonin-deficiency challenges.

**Supplement Facts**

Serving Size 1 capsule

Servings Per Container 180

**Amount Per Serving**

L-Tryptophan

500 mg

Other ingredients: hydroxypropyl methylcellulose (Vcap).

Contains no added sugar, starch, salt, wheat, gluten, corn, coloring, dairy products, flavoring or preservatives.

**Dosage and Use**

- Take two to four capsules one hour before bedtime on an empty stomach.

**Caution**

If you are under a physician's care or are taking medication, or if you are pregnant or nursing, consult your health care professional before using this product.

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