

Optimized TryptoPure® Plus 90 vegetarian capsules

Item Catalog Number: 01202

When tryptophan is ingested as a food or supplement, it is naturally degraded by specialized enzymes in the body. The problem is activity of one of these enzymes increases with age thereby denying the brain the tryptophan it needs to produce adequate serotonin. The result of the excess degradation of tryptophan can be seen in serotonin-associated troubles, such as:

- Poor sleep quality
- Emotional mood and stress
- Weight gain and appetite
- Loss of feeling of well-being

The degradation of tryptophan in the body can be inhibited with the intelligent use of other nutrients. For instance, the amino acid lysine competes with tryptophan in the same oxidative degradation pathway. This means that in the presence of sufficient lysine, less tryptophan is broken down through oxidation. Supplementation with nicotinamide has also been shown to spare plasma L-tryptophan from oxidation through the major pathway, permitting more plasma L-tryptophan to be available for conversion into serotonin.

The primary tryptophan-degrading enzyme is overactivated by inflammatory cytokines. The most comprehensive way to help prevent the enzymatic degradation of tryptophan thus is to suppress the inflammatory factors by taking the proper dose of extracts from ginger, hops, and rosemary.

A patent-pending formula called Optimized TryptoPure® Plus has been developed to protect tryptophan against excessive degradation in our aging bodies, thus sparing it for conversion into serotonin in the brain. Lysine, niacinamide, hops, ginger, and rosemary extracts have been shown to help the body utilize tryptophan more efficiently.^{14,15}

The Optimized TryptoPure® Plus formula contains tryptophan that is certified pure enough to be used as an active ingredient in pharmaceutical products. This pharmaceutical-grade L-tryptophan costs more than other tryptophan raw material as it undergoes significantly more rigorous manufacturing processes to safeguard purity.

References

Supplement Facts

Serving Size 3 vegetarian capsule

Servings Per Container 30

Amount Per Serving

Niacin (Vitamin B-3) (as niacinamide)	66 mg
TryptoPure® L-Tryptophan (100% pure USP pharmaceutical-grade L-Tryptophan)	1000 mg
L-Lysine (from USP pharmaceutical-grade AjiPure® L-Lysine HCl)	250 mg
Proprietary TryptoPure® Plus Blend Perluxan® Hops Standardized Extract (<i>Humulus lupulus L.</i>) (cones), Ginger Root Standardized Extract (<i>Zingiber officinale</i>) (rhizome), and Ursole™ Rosemary Standardized Extract (<i>Rosmarinus officinalis</i>) (leaves)	285 mg

Other ingredients: vegetable cellulose (capsule), vegetable stearate, maltodextrin, rice flour, modified food starch, silica.

Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, or gluten. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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Dosage and Use

- Take two to three capsules all at once before bedtime, or one capsule on an empty stomach before each meal, or as recommended by a healthcare practitioner.
- For maximum absorption take with a small amount of carbohydrate, such as diluted juice.

- Take separately from food or supplements containing protein or amino acids, especially arginine.

Caution

Serotonin syndrome is characterized by high levels of serotonin and symptoms like confusion, sweating, agitation, nausea, involuntary muscle contractions, and racing heartbeat. Do not take L-tryptophan if you experience these symptoms. Do not take L-tryptophan in combination with other agents that increase serotonin levels in the central nervous system. Agents that increase serotonin levels can include psychiatric medications (e.g. antidepressants, lithium), migraine medications (e.g. sumatriptan), Parkinson's disease medications (e.g. carbidopa), and dextromethorphan, an over-the-counter cough suppressant. Do not use before driving or operating heavy machinery.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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