

# PRODUCT DATA SHEET

## L-Tryptophan



### L-Tryptophan

Precursor to serotonin, melatonin, and niacin

- Amino acid essential for brain serotonin and melatonin production\*
- Promotes relaxation, sleep, and good mood\*
- Essential for protein synthesis and niacin formation\*

#### L-TRYPTOPHAN

S u p p l e m e n t F a c t s	
Serving Size: Two Capsules	
Servings Per Container: 30	
Two Capsules Contain:	% DV
L-Tryptophan	1 g *

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Microcrystalline Cellulose, Silicon Dioxide.

**60 Vegetarian Capsules**  
**Code: SA501**

### Suggested Use

Take 1 to 2 capsules two times daily or as recommended by a health-care practitioner.

### Additional Notes

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

### Interactions

There are no known adverse interactions or contraindications at publication date.

### Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.