

Peel Here
for more information

Warning: Keep out of reach of children. Pregnant/lactating women, those taking anti-depressant medications (such as SSRIs or MAOIs), or those with liver disorders, consult a health care professional before using this product. May cause drowsiness.

Protocol For Life Balance™ L-Tryptophan is Pharmacological Grade (USP).
Vegetarian/Vegan Product.
Contains no sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.
Vcaps® is a registered trademark of Capsugel.

Made in the U.S.A. www.protocolforlife.com

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Other ingredients: Cellulose (capsule), Cellulose and Stearic Acid (vegetable source).

Daily Value not established.

Supplement Facts

Serving Size 2 Vcaps® Servings Per Container 60

Amount Per Serving

L-Tryptophan
(2-amino-3-indolylpropanoic acid)

1.0 g (1,000 mg)*

PROTOCOL
FOR LIFE BALANCE™

L-Tryptophan 500 mg

- Pharmaceutical Grade
- Promotes Positive Mood*
- Supports Restful Sleep*

10% of profits donated for health research

120 Vcaps®

A Dietary Supplement Vegetarian Formula



SUGGESTED USAGE: As a dietary supplement, take 1-2 Vcaps® daily, preferably at bedtime. For intensive use, take up to 6 Vcaps® daily, in divided doses, as directed by a health care practitioner.

L-Tryptophan is an essential amino acid important in human nutrition for the synthesis of melatonin and serotonin, hormones regulating mood and stress response.* L-Tryptophan helps support relaxation, sleep, disposition and immune function.* As an essential amino acid, it is not synthesized by the body and must be obtained from the diet. Our L-Tryptophan is pharmaceutically pure — every lot is screened against Peak E and microbial contamination.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.



CODE P0167



L-Tryptophan is an amino acid that is critical for neurotransmitter synthesis. It is necessary for the production of serotonin (a neurotransmitter), melatonin (a neurohormone), and niacin (vitamin B₃). For humans, tryptophan is an essential amino acid, meaning it cannot be made by the organism and therefore must be part of its diet. These important amino acids are building blocks in protein biosynthesis.*

Tryptophan is naturally abundant in chocolate, oats, bananas, dried dates, milk, cottage cheese, meat, fish, turkey, and peanuts.

Many people find L-Tryptophan to be a safe and reasonably effective sleep aid, probably due to its ability to increase brain levels of serotonin (a calming neurotransmitter) and/or melatonin (a sleep-inducing hormone secreted by the pineal gland in response to darkness or low light levels).*

Cautions and Interactions

A frequent side effect from high dose Tryptophan use is drowsiness; it is advisable to take L-Tryptophan in the evening and not while driving or operating heavy machinery. Dry mouth and gastrointestinal upset are among the small number of relatively uncommon side effects.*

Tryptophan should not be used concomitantly with monoamine oxidase inhibitors/selective serotonin reuptake inhibitors (SSRIs). Individuals with liver cirrhosis should avoid tryptophan supplementation.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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This product contains an Ageless® anti-oxygen packet to enhance protection during storage.