

for more information

Peel Here

using this product. May cause drowsiness.

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

**Vegan/Vegetarian Product.**

Pharmaceutical Grade (USP)

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

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

Contains no sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica and Vegetable Coating.

\*Daily Value not established.

**L-Tryptophan (Free-Form) 1.0 g (1,000 mg)\***

**Amount Per Serving**

**Serving Size 1 Tablet**

## Supplement Facts



**60 Tablets**

A Dietary Supplement Vegetarian Formula

10% of profits donated for health research

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

# L-Tryptophan 1000 mg

**PROTOCOL**  
FOR LIFE BALANCE™

**SUGGESTED USAGE:** As a dietary supplement, take 1 tablet 1 to 3 times daily on an empty stomach or as directed by your health care practitioner. Best used at bedtime.

L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. In the brain, tryptophan converts to serotonin, the neuro-transmitter that is responsible for feelings of well-being, calmness, personal security, relaxation, and confidence. Serotonin is also involved in maintenance of a healthy appetite. Some serotonin is converted in the pineal gland to melatonin, which is responsible for regulating the body's circadian rhythm. Life Balance™ L-Tryptophan is pharmacologically pure – every lot is tested to be free of 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.



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L-Tryptophan is an essential amino acid, which means it cannot be synthesized by the human body and therefore must be part of the diet or supplementation. The best sources for tryptophan are high-protein foods such as dairy products, fish, many nuts, and poultry. Some other sources of tryptophan are oats, bananas, and dried dates.

In the brain, tryptophan is converted to serotonin, a neurotransmitter that affects mood, as well as satiety signals.\* Because some serotonin is used by the pineal gland to make melatonin, tryptophan is also important for the maintenance of healthy sleep-wake cycles.\*

Tryptophan is also critical for the production of the proteins in muscle, hair, and skin. Unfortunately, tryptophan is not abundant in the diet and most people get less than 1.5 grams of tryptophan a day.\*

Furthermore, ingested tryptophan is needed for many other biochemical processes and it competes with other amino acids to enter the brain. This can dramatically affect the amount of tryptophan that is available for conversion to neurotransmitters in the brain.

### 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.

May interact 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 ArgMax® anti-oxygen packet to enhance protection during storage.