

CAPSULE SIZE



L-Tryptophan

SUPPORTS RELAXATION

500 mg

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

60 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 30

Amount Per Serving

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

* Daily Value not established.

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

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/0166

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® L-Tryptophan is Pharmaceutical Grade.

Store in a cool, dry place after opening. Please Recycle

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

SUGGESTED USAGE: As a dietary supplement, take 1-2 capsules 2 to 3 times daily on an empty stomach or as directed by your physician. Best used at bedtime. Consider taking these other NOW® products: Inositol and Magnesium.

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, positive mood and immune function.* As an essential amino acid, it is not synthesized by the body and must be obtained from the diet. (NOW® L-Tryptophan is pharmaceutically pure - every lot is tested to be free of Peak E and microbial contamination).

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially anti-depressant medications such as SSRI's or MAOI's), or have a medical condition. May cause drowsiness. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.



Made in the USA

CODE 0166 V2