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SUGGESTED USAGE: As a dietary supplement, take 1 to 2 capsules 2 to 3 times daily on an empty stomach or as directed by your healthcare professional. Best used at bedtime.

HOW IT WORKS: 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.* Some serotonin is converted in the pineal gland to melatonin, which helps to regulate sleep patterns.* Protocol For Life Balance™ L-Tryptophan is pharmaceutically pure — every lot is tested to be free of Peak E and microbial contamination.

CAUTIONS/INTERACTIONS: Tryptophan supplements may interact with CNS depressants, antidepressants, and other serotonergic agents such as St. John's Wort, 5-HTP, and others. Consult your healthcare practitioner if you are taking any of these medications or herbs. For more information on this product go to www.protocolforlife.com/P0166

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

PROTOCOL
FOR LIFE BALANCE™

L-Tryptophan

500 mg

- Pharmaceutical Grade
- Supports Relaxation*
- 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) (2-amino-3-indolylpropanoic acid)	1.0 g (1,000 mg)*
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* Daily Value not established.

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

Manufactured by Protocol For Life Balance™
395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA

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

Protocol For Life Balance™ L-Tryptophan is Pharmaceutical Grade.

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

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.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.