

SOURCE NATURALS®



DIETARY SUPPLEMENT

L-TRYPTOPHAN

MOOD, RELAXATION, SLEEP*

500 MG • 60 CAPSULES

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

	Amount Per Serving	%DV
Iron (naturally occurring)	575 mcg	3%
L-Tryptophan	1.5 g	†

†Daily Value not established.

Other ingredients: gelatin (capsule), microcrystalline cellulose, dibasic calcium phosphate, colloidal silicon dioxide, and magnesium stearate.

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and positive mood. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response and sleep/wake cycles. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system. Source Naturals **L-TRYPTOPHAN** is extremely pure and is regularly tested to ensure the highest standards of quality.*

Suggested Use: 1 capsule three times daily, between meals and preferably with fruit juice. To support restful sleep, take 3 capsules before bed.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

STORE IN A COOL, DRY PLACE.

CAUTION: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using this product.

HYPOALLERGENIC: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

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