

L-Tryptophan: an essential amino acid important in human nutrition for the synthesis of melatonin, serotonin, and hormones regulating sleep. It also supports positive mood and immune function. # As an essential amino acid, it is not synthesized by the body and must be obtained from the diet. CAOH® L-Tryptophan is pharmaceutically certified pure (USP) - every lot is tested to be free of Peak E and microbial contamination.

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

Caution: Do not eat freshness packet. Keep packet in bottle.

California Academy of Health (CAOH)

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L-Tryptophan



Supports Relaxation & Sleep
Encourages Positive Mood
Certified Vegetarian
No Preservatives

A Dietary Supplement
60 - 500 mg Capsules



Supplement Facts#

Serving Size:	2 Capsules	Servings Per Bottle: 30
	Amount Per Serving	% Daily Value
L-Tryptophan (Free-Form)	1000 mg	**

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

Contains no: sugar, salt, yeast, wheat, gluten, soy, milk, eggs, shellfish, or preservatives. Vegetarian/Vegan Product.

** Percent Daily Value Not Established.

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 Vcaps® 2 to 3 times daily on an empty stomach or as directed by a healthcare professional. Best used at bedtime. Consider taking this product in combination with CAOH® Natural Calm™ or Calmag Plus™.

Vcap® is a registered trademark of Capsugel.

