



Actual Color and Size

L-Tryptophan

500 mg

Food/Dietary Supplement

Suggested Use: Take one (1) capsule 30-60 minutes before bedtime. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of the reach of children in a cool, dry place.

Supplement Facts

Serving Size = One (1) Capsule

Servings Per Container = Varied

Amount Per Serving

% Daily Value

L-Tryptophan

500 mg

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* Daily Value not established

Other Ingredients: Gelatin.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. | Food supplements should not be used as a substitute for a varied diet.



440 Kings Village Rd Scotts Valley, CA 95066
In case of adverse event: 855-885-2855