

**USAGE:** Take 1 capsule on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

**WARNING:** DO NOT take this product if you are taking any SSRIs (selective serotonin reuptake inhibitors) or MAOIs (monoamine oxidase inhibitors). If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**L-tryptophan** is an essential amino acid and hence cannot be synthesized by the body, but must be obtained from food or supplements. Because L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, it plays an important role in promoting relaxation, restful sleep and positive mood.\*

L-tryptophan may also help in reducing carbohydrate cravings.\* **Jarrow Formulas® L-Tryptophan *TryptoPure*®** is manufactured at a GMP facility via fermentation of vegetable materials.

Keep out of the reach of children.

\* 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.

*TryptoPure*® is a registered trademark of Ajinomoto Co., Inc.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

Meets USP Standard

# L-Tryptophan

For Relaxation,\*  
Positive Mood & Sleep\*

**500**  
MILLIGRAMS

**60**  
VEGGIE CAPS

DIETARY  
SUPPLEMENT



www.nsfnon GMO.org

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
L-Tryptophan	500 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of hydroxy-propylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Store in a cool, dry place.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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