

USAGE: Take 2 tablets on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

WARNING: DO NOT drive or operate machinery immediately following use of this product; DO NOT take this product if you are on any medications (especially antidepressants [e.g., SSRIs (selective serotonin reuptake inhibitors)]). If you are pregnant, breastfeeding, trying to conceive, under the age of 18, or have a medical condition, consult your qualified healthcare professional before using this product.

Jarrow Formulas® L-Tryptophan Peptide uses PepForm® technology.

L-tryptophan is an essential amino acid and must be obtained from food or supplements. L-tryptophan is metabolized to serotonin (5-hydroxytryptamine) and melatonin, which is important for relaxation, restful sleep and positive mood.*

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

* 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.

Jarrow
FORMULAS

L-Tryptophan Peptide

**For Relaxation,*
Positive Mood* & Sleep***

60
TABLETS

**DIETARY
SUPPLEMENT**

TRP PepForm®
Tryptophan Peptides



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount Per Serving	% DV
L-Tryptophan Peptides (PepForm®)	1,350 mg	†
L-Tryptophan (from L-Tryptophan Peptides [PepForm®])	500 mg	†

† Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and a food-grade coating.

Contains: Milk.

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

PepForm® is a trademark of Glanbia plc.

Suitable for vegetarians.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

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Lot #. Best Used Before: