

swanson.com
or call 1-800-437-4148

- Encourages healthy sleep patterns
- Helps regulate the body's circadian rhythm
- Supports healthy serotonin levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule with water 30–60 minutes before sleeping.

WARNING: For adults only. Do not take this product if you are pregnant or nursing or taking prescription antidepressants. Consult your physician before using this or any product if you are taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. 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.



L-Tryptophan

Sleep Support

500 mg

DIETARY SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

L-Tryptophan 500 mg*

*Daily Value not established.

Other ingredients: Gelatin, brown rice flour, hydroxypropyl cellulose, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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