

Thank you for choosing L-Tryptophan Complete by Lidtke. We sincerely wish the best of health for you and your family.

DIRECTIONS (Adults): Take one (1) to three (3) capsules or as directed by your doctor. Best if taken at bedtime or between meals. Contains no fillers or flow agents. **Non-GMO.**

When your body needs extra serotonin for peaceful sleep, a more relaxed outlook and less craving for sweets, choose Lidtke L-Tryptophan Complete, the most advanced formula available with targeted nutrients for maximum benefits.*

Lidtke stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

TryptoGOLD Lidtke's own naturally produced, Ultra-premium L-Tryptophan. 

Best by:

*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.

Caution: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®

TryptoGOLD

L-Tryptophan

COMPLETE™

Advanced Serotonin Formula
Supports Healthy
*Sleep & Mood**

 Superb Quality Since 1994 

60 VEGAN Capsules • A DIETARY SUPPLEMENT 

Supplement Facts

Serving Size: 3 capsules Servings per container: 40

Amount Per Serving	% Daily Value*
Vitamin C (as calcium ascorbate)	90 mg 150%
Vitamin B2 (as riboflavin)	5 mg 300%
Vitamin B3 (as niacinamide)	20 mg 100%
Coenzyme Vitamin B6 as 9 mg Pyridoxal 5-phosphate	6 mg 300%
Folate (as Orogen-FA®) organic lemon peel extract [4mg] & folic acid [200mcg]	400 mcg 100%
L-Tryptophan, USP, TryptoGold™	1050 mg **
L-Lysine HCl, USP	300 mg **
Magnesium (as Mg bisglycinate, TRAACS®)	175 mg **
Curcumin (as turmeric root, 95%)	150 mg **
Taurine, USP	125 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Vegan capsule (plant-derived hypromellose, water). TRAACS® is a registered trademark of Albion Laboratories, Inc. Orogen-FA® is a registered trademark of Orogenetics, Inc.

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Adverse events may be reported above. R0616-1m2y1