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.

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

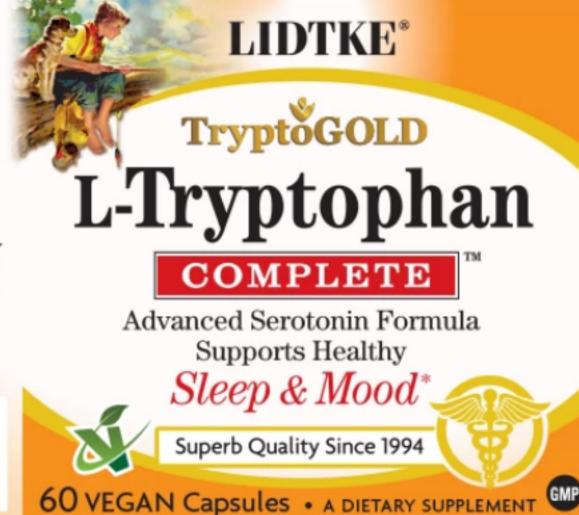
Best by:

*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.





Supplement Facts

Serving Size: 3 capsules Servings per container: 40

% Dall	ly Value*
90 mg	150%
5 mg	300%
20 mg	100%
6 mg	300%
400 mcg	100%
1050 mg	***
300 mg	***
:s•)175 mg	**
150 mg	**
125 mg	**
	90 mg 5 mg 20 mg 6 mg 400 mcg 300 mg 300 mg 150 mg

^{**} Daily Value not established.

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

LIDTKE Technologies, Casa Grande, AZ 85122 www.lidtke.com • 1-800-404-8185 Adverse events may be reported above. R0616-1m2v1