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

L-Tryptophan is a natural building block of serotonin, the neurotransmitter that plays an important role in appetite, mood, normal sleep patterns, and nervous-system health."

When your body needs extra help producing serotonin for peaceful sleep and a more relaxed outlook, choose Lidtke L-Tryptophan.* Lidtke stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

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.

Warning: 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.

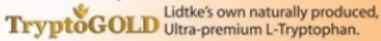




DIRECTIONS (Adults): Take one (1) capsule or as directed by a health-care professional. Best if taken at bedtime or between meals.

Other ingredients: Vegetarian capsule (kosher).

†As certified by the manufacturer.



No added gluten, yeast, wheat, corn, soy, dairy, eggs, tree nuts, peanuts, fish, shellfish, salt, sugar, artificial color or flavor, or preservatives.

Non-GMO.

Formulated and Distributed by:

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Adverse events may be reported above. R1214-1m2y1