

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.



LIDTKE®

TryptōGOLD

L-Tryptophan, USP†

Supports Healthy

*Sleep & Mood**

Purest on the Planet

GMP

VEGETARIAN

Superb Quality Since 1994



120 Vegetarian Capsules • A DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size: 1 capsule

Servings per container: 120

Amount Per Serving	% Daily Value
L-Tryptophan, USP†	500 mg **

** Daily Value not established

Other ingredients: Vegetarian capsule (kosher).

† As certified by the manufacturer.

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

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:

LIDTKE Technologies

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Adverse events may be reported above. R1214-1m2y1