

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**

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®

Sleep Well, Stay Calm

L-Tryptophan, USP†

Supports Healthy

*Sleep & Mood**

Purest on the Planet

Superb Quality Since 1994



250 gm Powder • A DIETARY SUPPLEMENT

DIRECTIONS (Adults): Take 1/3 level teaspoon or as directed by a health-care professional. Best if taken at bedtime or between meals.

Supplement Facts

Serving Size: 1/3 level teaspoon
Servings per container: approximately 500

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

** Daily Value not established

Other ingredients: none.

†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:
LIDTKE Technologies

Casa Grande, AZ 85122 • www.lidtke.com

Toll Free: 1-800-404-8185

Adverse events may be reported above. R0425-1m2y1