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SUGGESTED USE: 1 capsule three times daily, between meals and preferably with fruit juice. To support restful sleep, take 3 capsules before bed.

WHAT IT IS: The essential amino acid L-tryptophan helps support relaxation, restful sleep, and positive mood. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response and sleep/wake cycles. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system.

Pure & natural



L-TRYPTOPHAN

EXTRA STRENGTH

PROMOTES & SUPPORTS RESTFUL SLEEP
SUPPORTS POSITIVE MOOD
1500MG L-TRYPTOPHAN

120
CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 3 Capsules
Serving Per Container: 40

Amount Per Serving	%Daily Value	
Iron (naturally occurring)	575 mcg	3%
L-Tryptophan	1.5 g	**

** Percent Daily Values are based on 2,000 calorie diet.
Daily Value not established

Other Ingredients: Gelatin (capsule), magnesium stearate.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat.
Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE. PLEASE RECYCLE.

*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.



100% SATISFACTION
GUARANTEED

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VALUE



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