

L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. L-Tryptophan is critical for the production of serotonin and melatonin, which help to support a positive mood, healthy sleep patterns, and proper immune system function. Nova Nutritions L-Tryptophan is extremely pure and is regularly tested to ensure the highest standards of quality.*

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.
Do not use if safety seal is broken or missing.
Keep in cool, dry place.

*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.



NOVA[®]
NUTRITIONS

L-Tryptophan

Supports Relaxation Restful Sleep,
Circulation & Positive Mood*

500 MG

120 Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 120

| | Amount Per Serving | % Daily Value |
|--------------------------|--------------------|---------------|
| L-Tryptophan (Free-Form) | 500 mg | ** |

**Daily Value not established.

OTHER INGREDIENTS: Gelatin (Capsule), Magnesium Stearate (Vegetable Source), Rice Flour.

SUGGESTED USE: As a dietary supplement, take one (1) – two (2) capsules two to three times daily on an empty stomach, with final dose at bedtime, or as directed by your qualified healthcare professional.

FREE OF: Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,
Scotch Plains, New Jersey 07076

www.novanutrition.com

Lot#

Exp:

