



L-Tryptophan

Caution: May interact with medications such as anti-depressants.

25g (0.88oz)

Lot Number: 20130424

Date of manufacture Apr 24 2013

Supplement Facts

Serving Size 500 milligrams

Servings per container: 50

Amount Per Serving	% Daily Value**
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L-Tryptophan 500 mg	x
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* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: soy, dairy, yeast, gluten, and additives.

Directions: As a dietary supplement, take 500 mg (scant 3/8 tsp) up to three times a day, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	186
1/4 teaspoon	373
1/2 teaspoon	746

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.