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product info

L01721F

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take up to three (3) capsules all at once before bedtime, or one capsule on an empty stomach before each meal, or as recommended by a healthcare practitioner. For maximum absorption take with a small amount of carbohydrate, such as diluted juice. Best if taken separately from protein or amino acids.

CAUTION: Serotonin syndrome is characterized by high levels of serotonin and symptoms like confusion, sweating, agitation, nausea, involuntary muscle contractions, and racing heartbeat. Do not take L-tryptophan if you experience these symptoms. Because tryptophan may have numerous drug interactions (most commonly, MAOIs and SSRIs) consult your healthcare provider before taking this product if you are taking prescription medications. Do not use before driving or operating heavy machinery.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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**LIFE
EXTENSION®**

Optimized Tryptophan Plus



Sleep Enhancement and
Stress Reduction*

90 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Niacin (as niacinamide)	66 mg*	413%
L-Tryptophan	1000 mg	**
L-Lysine (from L-Lysine HCl)	250 mg	**
Proprietary Tryptophan Plus Blend Perluxan® hops standardized extract (cones), Rosemary standardized extract (leaf)	285 mg	**
**Daily Value not established. *NE (niacin equivalents).		

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, hydroxypropyl methylcellulose, silica.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.

Store tightly closed in a cool, dry place.