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Suggested Usage: As a dietary supplement, adults take 2 capsules, 1-3 times daily, between meals or as directed by your health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric and antidepressant medication, consult your health professional before use.

TryptoPure® is a registered trademark of Ajinomoto AminoScience, LLC.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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Gluten-free, Non-GMO

[‡]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202677 V1

L-Tryptophan

Dietary Supplement

Brain serotonin precursor; supports a sense of calmness and restful sleep[‡]



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin B ₆	6.7 mg	394%
(as pyridoxal-5-phosphate)		
L-Tryptophan (as TryptoPure®).....	1,000 mg	*

*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methycellulose (capsule)

Manufactured for: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440