

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

DIRECTIONS: Take 2-3 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.

Take separately from food or supplements containing protein or amino acids, especially arginine.

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. Do not take L-tryptophan in combination with other agents that increase serotonin levels in the central nervous system. Agents that increase serotonin levels can include psychiatric medications (e.g. antidepressants, lithium), migraine medications (e.g. sumatriptan), Parkinson's disease medications (e.g. carbidopa), and dextromethorphan, an over-the-counter cough suppressant. 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.

*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.

For optimal potency
use by:

Lot No.:



LifeExtension®

For Longer Life®

Optimized TryptoPure™ Plus



Advanced L-Tryptophan
Formula

Natural Sleep Enhancement
and Stress Reduction*

Dietary Supplement
90 Vegetarian Capsules

01202A Rev. 10/08

Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Niacin (Vitamin B-3) (as niacinamide)	66 mg	330%
TryptoPure™ L-Tryptophan (100% pure USP pharmaceutical-grade L-Tryptophan)	1000 mg	**
L-Lysine (from USP pharmaceutical- grade AjiPure™ L-Lysine HCl)	250 mg	**
Proprietary TryptoPure™ Plus Blend	285 mg	**
Perluxan™ Hops Standardized Extract (<i>Humulus lupulus L.</i>) (cones), Ginger Root Standardized Extract (<i>Zingiber officinale</i>) (rhizome), and Ursole™ Rosemary Standardized Extract (<i>Rosmarinus officinalis</i>) (leaves)		

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), magnesium stearate, maltodextrin, rice flour, modified food starch, silica.

Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, or gluten. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Store tightly closed in a cool, dry place.

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