

**Thank you** for choosing L-Tryptophan by LIDTKE. We sincerely wish the best of health for you and your family.

L-Tryptophan is a natural building block of serotonin, the neurotransmitter that plays an important role in appetite, mood, normal sleep patterns, and nervous-system health.\*

When your body needs extra help producing serotonin for peaceful sleep and a more relaxed outlook, choose LIDTKE L-Tryptophan.\* LIDTKE stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

**Best by:**

\* 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.

**Warning:** KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Work up to the desired level gradually. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



**LIDTKE®**

**TryptōGOLD**  
Superb Quality Since 1994

**L-Tryptophan, USP<sup>†</sup>**

Supports Healthy

*Sleep & Mood\**



*Purest on the Planet*



**30 VEGAN Capsules • A DIETARY SUPPLEMENT**

**DIRECTIONS** (Adults): Take one (1) capsule or as directed by a health-care professional. Best if taken at bedtime or between meals.

**Supplement Facts**

Serving Size: 1 capsule  
Servings per container: 30

| Amount Per Serving                    | % Daily Value |
|---------------------------------------|---------------|
| L-Tryptophan, TryptōGOLD <sup>†</sup> | 500 mg        |

\*\* Daily Value not established

Other ingredients: Vegan capsule (hypromellose - derived from plant cellulose).

<sup>†</sup>As certified by the manufacturer.

**TryptōGOLD** LIDTKE'S own naturally produced, Ultra-premium L-Tryptophan.

**No added** gluten, yeast, wheat, corn, soy, dairy, eggs, tree nuts, peanuts, fish, shellfish, salt, sugar, artificial color or flavor, or preservatives.  
**Non-GMO.**

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Adverse events may be reported above. 0373-R0720