



Actual Color and Size

L-Tryptophan

500 mg

Suggested Use: Take one (1) capsule 30-60 minutes before bedtime. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of the reach of children in a cool, dry place.

Supplement Facts		
Serving Size = One (1) capsule		Servings Per Container = Varied
	Amount Per Serving	% Daily Value
L-Tryptophan	500 mg	*
*Daily Value not established		

Other Ingredients: Cellulose and magnesium stearate.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy.

Food supplements should not be used as a substitute for a varied diet.



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In case of adverse event: 855-885-2855