

DIRECTIONS (Adults): Take one (1) to three (3) capsules or as directed by your doctor. Best if taken at bedtime or between meals. For children, consult your doctor.

Thank you for choosing L-Tryptophan Complete by LIDTKE. We sincerely wish the best of health for you and your family. No added gluten, yeast, wheat, rice, corn, soy, dairy, eggs, peanuts, fish, shellfish, sugar, artificial color or artificial flavor. **Non-GMO.** LIDTKE stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

TryptōGOLD® LIDTKE's naturally produced Ultra-premium L-Tryptophan

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.**

Caution: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or your doctor. 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®

L-Tryptophan

COMPLETE™

Advanced Serotonin Formula
Supports Healthy
*Sleep & Mood**



Purest on the Planet

180 VEGAN Capsules • A DIETARY SUPPLEMENT

Supplement Facts		
Serving Size: 3 capsules		Servings per container: 60
Amount Per Serving	% Daily Value	
Vitamin C (as calcium ascorbate)	90 mg	150%
Vitamin B2 (as riboflavin 5-phosphate)	15 mg	885%
Vitamin B3 (as niacinamide)	60 mg	300%
Coenzyme Vitamin B6 (as pyridoxal 5-phosphate [15 mg])	10 mg	500%
Magnesium (as Mg bisglycinate [150 mg])	15 mg	4%
Folic Acid	800 mcg	200%
L-Tryptophan, USP, TryptoGold®†	1050 mg	**
L-Lysine HCl, USP†	300 mg	**
Curcumin (as turmeric root, 95%)	150 mg	**
Taurine, USP†	125 mg	**
** Daily Value not established		

Other ingredients: Vegan capsule (hypromellose - derived from plant cellulose).
† As certified by the manufacturer.

LIDTKE Technologies • Chandler, AZ 85226
www.lidtke.com • Toll Free: 1-800-404-8185
Adverse events may be reported above. 393-R0420