

USAGE: Take 1 capsule on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

WARNING: DO NOT take this product if you are taking any SSRIs (selective serotonin reuptake inhibitors) or MAOIs (monoamine oxidase inhibitors). Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

L-tryptophan is an essential amino acid and hence cannot be synthesized by the body, but must be obtained from food or supplements. Because L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, it plays an important role in supporting relaxation, restful sleep and positive mood.*

L-tryptophan may also help in reducing carbohydrate cravings.* **Jarrow Formulas® L-Tryptophan TryptoPure®** is manufactured at a GMP facility via fermentation of vegetable materials.

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

*** 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.**

TryptoPure® is a registered trademark of Ajinomoto Co., Inc.

Lot #: Best Used Before:

Jarrow
FORMULAS®

L-Tryptophan

500 MG

**Supports Serotonin Production for Relaxation,
Positive Mood, & Sleep***

60 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving
L-Tryptophan	500 mg †
† Daily Value (DV) not established.	

Other Ingredients: Vegetarian capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source), cellulose and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
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APPROX.
FILL LINE

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.