

CAPSULE SIZE



Made in the USA

CODE 0166

V3

Do Not Eat Freshness Packet. Keep in Bottle.
Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially antidepressants such as SSRIs and MAOIs), or have a medical condition. May cause drowsiness. Do not use with alcoholic beverages or while operating heavy machinery. Keep out of reach of children.

free of Peak E and microbial contamination.

L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. L-Tryptophan is critical for the production of serotonin and melatonin, which help to support a positive mood, healthy sleep patterns, and proper immune system function.* Every lot of NOW® L-Tryptophan is tested to be

SUGGESTED USAGE: As a dietary supplement, take 1-2 capsules 2 to 3 times daily on an empty stomach, with final dose at bedtime, or as directed by your physician. Consider taking these other NOW® products: Inositol and Magnesium.



L-Tryptophan

SUPPORTS RELAXATION

500 mg

- Premium Grade
- Encourages Positive Mood
- Promotes Restful Sleep*

60 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 30

Amount Per Serving

L-Tryptophan (Free-Form) 1 g (1,000 mg)*

* Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder and Stearic Acid (vegetable source).

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/0166

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

*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.