

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 immune system function. Best Naturals L-Tryptophan is extremely pure and is regularly tested to ensure the highest standards of quality.\* Certain research publications indicate that it may help support the following:

- Supports circulation & positive mood\*
- Supports relaxation & restful sleep\*
- Supports healthy immune function\*

**SUGGESTED USE:** As a dietary supplement, take one (1) – two (2) capsules two to three times daily on an empty stomach, with final dose at bedtime, or as directed by your qualified healthcare professional. Consider taking these other Best Naturals products: Inositol and Magnesium.

**Keep out of the reach of children.**  
**Do not use if safety seal is broken or missing.**  
**Keep in 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.*

 **MADE IN USA**



# L-Tryptophan

*Premium Formula*

**500 mg**

*3rd Party Lab Tested*



**120 CAPSULES** **DIETARY SUPPLEMENT**

## Supplement Facts

Serving size: 1 capsule  
 Servings per container: 120

	Amount per serving	%Daily Value
L-Tryptophan (free-form)	500 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin (capsule), magnesium stearate (vegetable source), rice flour.

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

*No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Fish, No Yeast. Sodium Free.*

Manufactured for Best Naturals,  
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