

SOURCE NATURALS®



DIETARY SUPPLEMENT

L-TRYPTOPHAN

WITH COENZYME B-6
MOOD ENHANCEMENT AND SLEEP*

500 MG • 60 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 20

	Amount Per Serving	%DV
Vitamin B-6 (from 13 mg of pyridoxal-5'-phosphate [Coenzymated™])	9 mg	529%
Calcium (as dibasic calcium phosphate and naturally occurring)	57 mg	4%
Iron (naturally occurring)	0.6 mg	3%
L-Tryptophan (25 mg niacin equivalents)	1.5 g	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, modified cellulose gum, magnesium stearate, and silica.

Suggested Use: 1 tablet three times daily, between meals and preferably with fruit juice. To support restful sleep, take an additional 3 tablets before bed.

CAUTION: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and a positive outlook. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response. This tryptophan includes the activated coenzyme form of vitamin B-6, called P-5-P, that is required to convert tryptophan to serotonin. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system. Source Naturals L-TRYPTOPHAN is extremely pure and is regularly tested to ensure the highest standards of quality.*

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*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.

Manufactured for:
© SOURCE NATURALS, INC.
P.O. BOX 2118, SANTA CRUZ, CA 95062
www.sourcenaturals.com

SN1987
REV F202-A



FG-112261 BEST IF USED BY 5 25