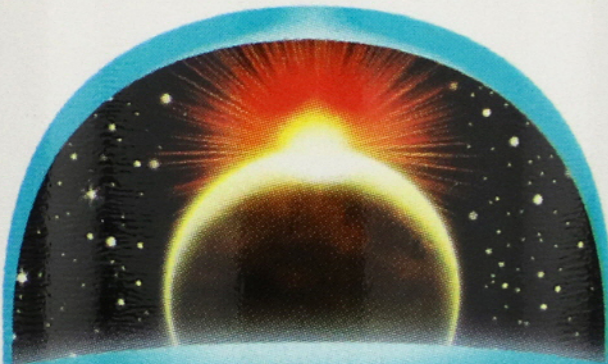


**SOURCE NATURALS®**



DIETARY SUPPLEMENT

# L-TRYPTOPHAN

WITH VITAMIN B-6  
MOOD, RELAXATION, SLEEP\*

1,000 MG • 90 TABLETS

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 45

	Amount Per Serving	%DV
Vitamin B-6 (as pyridoxine HCl)	44 mg	2,200%
L-Tryptophan	2 g	†

†Daily Value not established.

Other ingredients: microcrystalline cellulose, stearic acid, modified cellulose gum, magnesium stearate, and silica.

**Suggested Use:** 1 tablet 1 to 2 times daily, between meals and preferably with fruit juice. To support restful sleep, take 2 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. This product may cause drowsiness.

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

STORE IN A COOL, DRY PLACE.

The essential amino acid L-tryptophan is the precursor for the synthesis of melatonin and serotonin, a hormone and a neurotransmitter involved with mood and stress response. It helps support relaxation, restful sleep, and a positive outlook. This tryptophan tablet includes vitamin B-6, which is required to convert tryptophan to serotonin. If needed, L-tryptophan is converted to niacin in the body, an important B vitamin. Source Naturals L-TRYPTOPHAN is extremely pure and is regularly tested to ensure the highest standards of quality.\*

Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no preservatives, or artificial color, flavor or fragrance.

**\*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:  
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SN2610  
REV C191-B

