

L-tryptophan

Helps enhance and stabilize mood†

May help to support a normal sleep cycle†

Helps maintain healthy levels of serotonin†

Helps promote the ability to clearly assess everyday situations†

Isotonix®

The world's most advanced nutraceuticals

Weight: 3.5 oz. (100 g)

An Isotonic-Capable Dietary Supplement

Directions for adult use:

For sleep support: Take 1-2 servings 30 minutes prior to bedtime. Pour 1-2 level, white bottle capfuls of powder into the overcap. Add 2 fl. oz./60 mL (line on the overcap indicates 2 fl. oz./60 mL) of water per capful of powder and stir.

For mood enhancement: Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir.

Maximum absorption occurs when taken on an empty stomach. As a dietary supplement, take one or two times daily, or as directed by your healthcare provider.

Warning: If you are currently taking monoamine oxidase inhibitors (MAOI) or other antidepressants such as Zoloft or Paxil, psychoactive or tranquilizing drugs such as Klonopin or Valium, or pain medications such as Demerol or Ultram, you should consult your healthcare provider before using this product. If you are using any other prescription drugs or have an ongoing medical condition, you should consult your healthcare provider before using this product. Take this supplement separately from prescription drugs. Women who are pregnant or breastfeeding should not use this product.

Do not drive or operate heavy machinery until you know how this product can affect you, as drowsiness may occur.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place. Do not use if safety seal is broken or missing.

†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.

Supplement Facts

Serving Size: 1 Capful (3.3 g)

Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrates	1 g	<1
Sugars	1 g	
Vitamin A (Beta-Carotene)	850 IU	17
Vitamin C (Ascorbic Acid)	75 mg	125
Niacin	20 mg	100
Vitamin B6 (Pyridoxine HCl)	4 mg	200
Sodium (Bicarbonate)	40 mg	2
Potassium (Bicarbonate)	160 mg	5
L-Tryptophan	500 mg	**

* Percent Daily Values are based on a 2,000-calorie diet.

** Daily Value (DV) is not established.

Other ingredients: Fructose, Citric acid, Orange juice powder, Malic acid, Orange flavor, Mango flavor, Rebaudioside A (stevia leaf), Silicon dioxide, Lo Han (fruit) extract.

Manufactured for and exclusively distributed by:

Market America, Inc.
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Greensboro, NC 27409

REV 0612