

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

# L-TRYPTOPHAN

MOOD, RELAXATION, SLEEP\*

500 MG • 120 CAPSULES

## Supplement Facts

Serving Size 3 Capsules

Servings Per Container 40

|                                         | Amount Per Serving | %DV |
|-----------------------------------------|--------------------|-----|
| Iron (naturally occurring)              | 600 mcg            | 3%  |
| L-Tryptophan (25 mg niacin equivalents) | 1.5 g †            |     |
| †Daily Value not established.           |                    |     |

Other ingredients: gelatin (capsule), magnesium stearate, silica, microcrystalline cellulose, and dibasic calcium phosphate.

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and positive mood. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response and sleep/wake cycles. 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.\*

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

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.

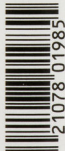
**CAUTION:** If you are pregnant, may become pregnant, breast-feeding, or are taking medications such as SSRIs or MAOIs, consult your health care professional before using this product.

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

**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:  
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