

SOURCE NATURALS®



DIETARY SUPPLEMENT

L-TRYPTOPHAN

MOOD, RELAXATION, SLEEP*

NET WT. 100 GRAMS (3.53 OZ.)

Supplement Facts

Serving Size 3/4 Teaspoon (approx. 1.5 g)

Servings Per Container 66

	Amount Per Serving
L-Tryptophan	1.5 g†
†Daily Value not established.	

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and feeling better. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenes 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: 1/4 teaspoon three times daily, between meals and preferably with fruit juice. To support restful sleep, take 3/4 teaspoon before bed.

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

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.

Suitable for vegetarians and **HYPOALLERGENIC:** contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, 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.**

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