

**L-Tryptophan** provides this essential amino acid (protein building block) that is not synthesized by the body and must be obtained in the diet or supplementation. It is also essential in the production of niacin, which is then metabolized into serotonin and melatonin in the brain. These neurotransmitters exert a calming effect and encourage better cognitive focus, a positive mood, and restful sleep.\*

**Helps exert a calming effect\***

**Helps encourage better cognitive focus, a positive mood, and restful sleep\***

**\*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.**

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

[drbvitamins.com](http://drbvitamins.com)



YDRB126-4

Dietary Supplement

Doctor's  
**BEST**®

**Science-Based  
Nutrition™**

**L-Tryptophan**

**HELPS PROMOTE NORMAL RESTFUL  
SLEEP, HEALTHY MOOD AND BEHAVIOR\***

**500 mg • 90 Veggie Caps**



## Supplement Facts

Serving Size 1 Veggie Capsule  
Servings Per Container 90

Amount Per Serving	% Daily Value
L-Tryptophan	500 mg †

† Daily Value not established.

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, calcium laurate.

**Suggested Adult Use:** Take 1 capsule daily, or as recommended by a nutritionally informed physician. For optimum absorption, take separately from protein-containing foods and dietary supplements containing protein or amino acids.

**WARNING:** Consult a physician before use if pregnant, nursing, taking medications, or have a medical condition. May cause drowsiness.

Manufactured for **Doctor's Best, Inc.**  
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