

USAGE: Take 1 capsule on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

WARNING: DO NOT take this product if you are on any medications, especially, antidepressants, or if you are pregnant or breastfeeding, consult your qualified healthcare professional before using this product. DO NOT take this product if you are taking any SSRI's (selective serotonin reuptake inhibitors).

L-tryptophan is an essential amino acid and hence cannot be synthesized by the body, but must be obtained from food or supplements. Because L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, it plays an important role in promoting relaxation, restful sleep and positive mood.*

L-tryptophan may also help in reducing carbohydrate cravings.* **Jarrow Formulas® L-Tryptophan TryptoPure®** is manufactured at a GMP facility via fermentation of vegetable materials.

Keep out of the reach of children.

* 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.

Jarrow
F O R M U L A S

L-Tryptophan

**For Relaxation,*
Positive Mood & Sleep***

500
MILLIGRAMS

60
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
L-Tryptophan	500 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts, **no corn**.

TryptoPure® is a registered trademark of Ajinomoto Co., Inc.

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Lot #. Best Used Before:

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