

USAGE: Take 2 tablets 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. DO NOT take this product if you are taking any SSRIs (selective serotonin reuptake inhibitors).

Jarrow Formulas® L-Tryptophan Peptide uses PepForm® technology.

L-tryptophan is an essential amino acid and must be obtained from food or supplements. L-tryptophan is metabolized to serotonin (5-hydroxytryptamine) and melatonin, which is important for relaxation, restful sleep and positive mood.*

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 Peptide

**Supports Relaxation,*
Positive Mood* & Sleep***

60
TABLETS

**DIETARY
SUPPLEMENT**

TRP PepForm®
Tryptophan Peptides



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	% DV
L-Tryptophan Peptides (PepForm®)	1350 mg	*
L-Tryptophan (from L-Tryptophan Peptides [PepForm®])	500 mg	*

* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source) and a food grade coating.

Contains: Dairy

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

PepForm® is a trademark of Glanbia plc.

Suitable for vegetarians. 04113TRYPEP PROD # 115067

Distributed Exclusively by:
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Superior Nutrition and Formulation™
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Lot #. Best Used Before:

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