

**SUGGESTED USE:** Adults take 1 capsule once a day on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

**Jarrow Formulas® L-tryptophan** is an essential amino acid that cannot be synthesized by the body, but must be obtained from food or supplements. L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, which plays an important role in supporting a balanced mood and restful sleep.\*

**WARNING:** Do not take this product if you are taking any SSRIs (selective serotonin reuptake inhibitors) or MAOIs (monoamine oxidase inhibitors). Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use. This product is for occasional sleeplessness.

**KEEP OUT OF THE REACH OF CHILDREN.  
STORE IN A COOL, DRY PLACE.**

**\* 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.**

Do not use if safety seal is damaged or missing.  
Lot #. Best Used Before:

**Jarrow  
FORMULAS®**

**VEGAN**

# L-Tryptophan

**RELAXATION**

**500 MG**

Supports production of serotonin (relaxation, balanced mood) & melatonin (sleep)\*

 **gluten free**

**60** VEGGIE  
CAPSULES

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
L-Tryptophan	500 mg †

† Daily Value (DV) not established.

Other Ingredients: Capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source), microcrystalline cellulose and silicon dioxide.

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.

03223TRYP PROD # 115056



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APPROX.  
FILL LINE