

Suggested Usage: Take 1 tablet 1 to 3 times daily on an empty stomach, with final dose at bedtime, or as directed by your physician.

Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet.* Tryptophan is critical for the production of serotonin and melatonin, which help to support a positive mood, healthy sleep patterns, and proper immune system function.* Every lot of NOW® L-Tryptophan is tested to be free of peak E and microbial contamination.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially antidepressants such as SSRIs and MAOIs), or have a medical condition. May cause drowsiness. Do not use with alcoholic beverages or while operating heavy machinery. Keep out of reach of children.

This bottle is made from 100% PCR (post-consumer recycled) resin.

TABLET SIZE

CODE 0169B v6



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now®

Double Strength L-Tryptophan 1000 mg

Supports Relaxation*

- Encourages Positive Mood*
- Promotes Restful Sleep*

60 Tablets

Non-GMO

A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

L-Tryptophan (Free-Form)	1 g (1,000 mg)**
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** Daily Value not established.

Other ingredients: Croscarmellose Sodium, Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Vegetarian Coating [hypromellose (cellulose), calcium carbonate, glycerin] and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Double Strength L-Tryptophan has twice the L-tryptophan (1000 mg per tablet) as in our regular strength product (500 mg per capsule).

Store in a cool, dry place after opening.

