

X001F6PNP1

**SUGGESTED USE:** 1 Capsule three times daily, between meals and preferably with fruit juice or, to support restful sleep, take 3 capsules before bed.

**WHAT IT IS:** The essential amino acid L-Tryptophan helps support relaxation, restful sleep, and positive mood. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response and sleep/wake cycles. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system.\*



Pure & Natural

# L-TRYPTOPHAN

## EXTRA STRENGTH

PROMOTES & SUPPORTS RESTFUL SLEEP  
SUPPORTS POSITIVE MOOD  
1500MG L-TRYPTOPHAN

120  
CAPSULES

DIETARY SUPPLEMENT



### Supplement Facts

Serving Size: 3 Capsules  
Serving Per Container: 40

Amount Per Serving	%Daily Value	
Iron (naturally occurring)	575 mcg	3%
L-Tryptophan	1.5 g	**

\*\* Percent Daily Values are based on 2,000 calorie diet. Daily Value not established

Other Ingredients: Gelatin (capsule), magnesium stearate.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE. PLEASE RECYCLE.

\*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.

 **QUALITY** | 
  **VALUE** | 
  **SERVICE** | 
  **PURITY**



**100%** SATISFACTION GUARANTEED

Distributed by: BRI Nutrition LLC  
1460 Broadway, New York, NY 10036

[www.brinutrition.com](http://www.brinutrition.com)