

Scan for  
product info

Read the entire label and follow the  
directions carefully.

**DIRECTIONS:** Take one (1) capsule 2  
to 3 times daily on an empty stomach,  
or as recommended by a healthcare  
practitioner. Best if taken separately  
from protein or amino acids.

**CAUTION:** Consult your healthcare  
provider before using this product if  
you are taking medication for mood  
concerns, such as MAOIs or SSRIs.  
Use caution before driving  
or operating heavy machinery.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L01722G



**LIFE  
EXTENSION®**

**L-Tryptophan**  
**500 mg**



GLUTEN FREE



**Essential Amino Acid for Sleep  
Enhancement and Stress Reduction\***

**90** VEGETARIAN | DIETARY  
CAPSULES | SUPPLEMENT

**Supplement Facts**

Serving Size 1 Vegetarian Capsule

| Amount<br>Per Serving | % Daily<br>Value |
|-----------------------|------------------|
| L-Tryptophan          | 500 mg **        |

\*\*Daily Value not established.

Other ingredients: vegetable cellulose  
(capsule), microcrystalline cellulose,  
carboxymethyl cellulose, stearic acid.

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, FL 33309  
[LifeExtension.com](http://LifeExtension.com)

To report a serious adverse event or  
obtain product information,  
contact 1-866-280-2852.

\*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.

Store tightly closed in a cool, dry place.