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product info



05/2024
M22158B05

Read the entire label and follow the directions carefully.

DIRECTIONS: Take three (3) capsules all at once before bedtime, or one capsule on an empty stomach before each meal, 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.

Store tightly closed in a cool, dry place.

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.

Perlutan® is used by permission.



L017211



**LIFE
EXTENSION®**

Optimized Tryptophan Plus



GLUTEN FREE



**Sleep Enhancement and
Stress Reduction***

90 VEGETARIAN CAPSULES | **DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 3 Vegetarian Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Niacin (as niacinamide)	66 mg*	413%
L-Tryptophan	1000 mg	**
L-Lysine (from L-Lysine HCl)	250 mg	**
Proprietary Tryptophan Plus Blend	285 mg	**
Perlutan® hops standardized extract (cones), Rosemary standardized extract (leaf)		

**Daily Value not established.

*NE (niacin equivalents).

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, maltodextrin, starch, carboxymethyl cellulose, vegetable stearate, silica.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, FL 33309
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.