

**Directions:** Take 2–4 capsules one hour before bedtime on an empty stomach.

**Description:** The amino acid L-Tryptophan helps boost levels of serotonin, a mood-enhancing neurotransmitter involved in promoting a sense of well being, calm, personal security, relaxation, confidence, concentration and appetite control.\*

**Caution:** If you are under a physician's care or are taking medication, or if you are pregnant or nursing, consult your healthcare professional before using this product.

\*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.

This product is manufactured in a  
NSF GMP registered facility.



300-VRP8901-F

Vitamin Research Products®

Since 1979



**L-Tryptophan**

Dietary Supplement  
90 capsules

TESTED FOR QUALITY & PURITY

## Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: about 23

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| L-Tryptophan       | 2 g*          |

\*Daily Value not established

**Other Ingredients:** Hydroxypropylmethylcellulose (vegetarian capsule).

Manufactured for and distributed by:

**VRP Brand, LLC**

4610 Arrowhead Dr. • Carson City, NV 89706 USA

1-800-877-2447 • [www.vrp.com](http://www.vrp.com)

Keep container tightly closed in a cool, dry and dark place. Keep out of reach of children.

**Code Number: 8901**