L-Tryptophan

SUPPORTS RELAXATION

Powder

- Premium Grade
- Encourages Positive Mood
- Promotes Restful Sleep*

Net Wt. 2 oz. (57 g)

A Dietary Supplement
Vegetarian/Vegan

QUALITY GMP ASSURED

SUGGESTED USAGE: As a dietary supplement, take one or two 1/4 level teaspoons 2 to 3 times daily on an empty stomach, with final dose at bedtime, or as directed by your physician.

L-Tryptophan is an essential amino acid, therefore, it is not synthesized by the body and must be obtained from the diet. L-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.

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Supplement Facts

Serving Size: Two 1/4 Level Teaspoons (1 g)
Servings Per Container: 57

Amount Per Serving	
L-Tryptophan (Free-Form)	950 mg*

* Daily Value not established.

Other ingredient: Cellulose.

Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit
www.nowfoods.com/0263

Product of China. Packaged in the USA.

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

This product is sold by weight not volume.

Caution: Do Not Eat Freshness Packet Enclosed.

Store in a cool, dry place after opening.

Please Recycle.