

**USAGE:** Take 2 tablets on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

**WARNING:** DO NOT take this product if you are on any medications (especially antidepressants [e.g., SSRIs (selective serotonin reuptake inhibitors)]). If you are pregnant, breastfeeding, trying to conceive, under the age of 18, or have a medical condition, consult your qualified healthcare professional before using this product.

**Jarrow Formulas® L-Tryptophan Peptide** uses PepForm® technology.

L-tryptophan is an essential amino acid and must be obtained from food or supplements. L-tryptophan is metabolized to serotonin (5-hydroxytryptamine) and melatonin, which is important for relaxation, restful sleep and positive mood.\*

**Keep out of the reach of children.**

\* 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.

**Jarrow**  
FORMULAS®

# L-Tryptophan Peptide

For Relaxation,\*  
Positive Mood\* & Sleep\*

**60**  
TABLETS

DIETARY  
SUPPLEMENT

TRP **PepForm®**  
Tryptophan Peptides



## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

|                                                         | Amount Per Serving | % DV |
|---------------------------------------------------------|--------------------|------|
| L-Tryptophan Peptides (PepForm®)                        | 1350 mg            | *    |
| L-Tryptophan<br>(from L-Tryptophan Peptides [PepForm®]) | 500 mg             | *    |

\* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and a food grade coating.

**Contains: Dairy**

No wheat, no gluten, no soybeans, no egg, no fish/shellfish, no peanuts/tree nuts.

PepForm® is a trademark of Glanbia plc.

Suitable for vegetarians.

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Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

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Lot #, Best Used Before:

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