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L-tryptophan

Suggested Daily Intake: Take 1 capsule 3 times daily, between meals and preferably with fruit juice. To support restful sleep, take 3 capsules before bed.

L-tryptophane

Dosage Journalier Recommandé: Prendre 1 capsule trois fois par jour, entre les repas et de préférence avec un jus de fruit. Pour faciliter le sommeil, prendre 3 capsules avant le coucher.

L-triptofano

Consumo Quotidiano Raccomandato: Prendere 1 capsula al giorno, lontano dai pasti e preferibilmente con del succo di frutta. Per facilitare il sonno, prendere 3 capsule prima di andare a dormire.

L-tryptophan

Vorgeschlagene tägliche Einnahme: Nehmen Sie 1 Kapsel bis zu 3x täglich mit einer Mahlzeit ein oder nach Wahl mit Fruchtsaft. Um einen erholsamen Schlaf zu fördern nehmen Sie 3 Kapseln vor dem Schlafengehen.

L-tryptophan

Dosis diaria recomendada: Tomar 1 cápsula tres veces al día, entre las comidas y de preferencia con un zumo de fruta. Para favorecer un sueño reparador, tomar 3 cápsulas antes de acostarse.

L-tryptophan

Dose Diária Recomendada: Tomar 1 cápsula tres vezes por dia, entre as refeições e preferavelmente com um suco de frutas. Para ajudar a un sono de descanso, tomar 3 cápsulas antes de dormir.

BIOVEA®

L-tryptophan

guaranteed premium quality

500mg
dietary
supplement

60
vegetarian
capsules



Supplement Facts

Serving Size: Three (3) Vegetarian Capsules
Servings per Container: 20

	Amount Per Serving	% DV
L-Tryptophan	1.5g	*

*Daily Value (DV) not established.

Other Ingredients: HPMC capsule, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.