

USAGE: Take 1 capsule 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 taking any SSRIs (selective serotonin reuptake inhibitors) or MAOIs (monoamine oxidase inhibitors). If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

L-tryptophan is an essential amino acid and hence cannot be synthesized by the body, but must be obtained from food or supplements. Because L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, it plays an important role in promoting relaxation, restful sleep and positive mood.*

L-tryptophan may also help in reducing carbohydrate cravings.* **Jarrow Formulas® L-Tryptophan TryptoPure®** is manufactured at a GMP facility via fermentation of vegetable materials.

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
F O R M U L A S

L-Tryptophan

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

500
MILLIGRAMS

60
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
L-Tryptophan	500 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of gelatin.

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

TryptoPure® is a registered trademark of Ajinomoto Co., Inc.

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Lot #. Best Used Before:

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