

Suggested Usage: 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.

Do Not Eat Freshness Packet Enclosed.

CODE 0263 v6



L-Tryptophan Powder

Supports Relaxation*

- Encourages Positive Mood*
- Promotes Restful Sleep*

Net Wt. 2 oz. (57 g)

A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

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

Amount Per Serving

L-Tryptophan (Free-Form)	950 mg*
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* Daily Value not established.

Other ingredient: Cellulose.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

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.

Store in a cool, dry place after opening.

Please Recycle.

