

Suggested Usage: Take 1-2 capsules 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.

CAPSULE SIZE

CODE 0166 V4



Non-GMO



L-Tryptophan

500 mg

Supports Relaxation*

- Encourages Positive Mood*
- Promotes Restful Sleep*

60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 30

Amount Per Serving

L-Tryptophan (Free-Form)	1 g (1,000 mg)*
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* Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder and Stearic Acid (vegetable source).

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.

Do Not Eat Freshness Packet. Keep in Bottle.
Natural color variation may occur in this product.

Store in a cool, dry place after opening.
Please Recycle.

