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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule 1 to 3 times daily on an empty stomach, or as recommended by a healthcare practitioner. For maximum absorption, take with a small amount of carbohydrate, such as diluted juice. Best if taken separately from protein and amino acids.

CAUTION: Consult your healthcare provider before taking this product if you are taking prescription medications (e.g. MAOI and SSRI antidepressants) for depression. Concomitant use of L-tryptophan with antidepressant medications has the potential to increase the risk of serotonin syndrome, characterized by symptoms like confusion, sweating, agitation, nausea, involuntary muscle contractions, and racing heartbeat. Do not use L-tryptophan before driving or operating heavy machinery.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



QE01722C

LifeExtension®

L-Tryptophan

500 mg



Essential Amino Acid for Natural Sleep
Enhancement and Stress Reduction*

Dietary
Supplement

90 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbyl palmitate)	5 mg	8%
L-Tryptophan	500 mg	**

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, hydroxypropyl cellulose, silica, medium chain triglycerides.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

*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.