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product info

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

DIRECTIONS: Take up to three (3) capsules all at once before bedtime, or one capsule on an empty stomach before each meal, 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 or amino acids.

CAUTION: Serotonin syndrome is characterized by high levels of serotonin and symptoms like confusion, sweating, agitation, nausea, involuntary muscle contractions, and racing heartbeat. Do not take L-tryptophan if you experience these symptoms. Because tryptophan may have numerous drug interactions (most commonly, MAOIs and SSRIs) consult your healthcare provider before taking this product if you are taking prescription medications. Do not use before driving or operating heavy machinery.

Store tightly closed in a cool, dry place.

WARNING:

- 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.



QE01721C

LifeExtension®

Optimized Tryptophan Plus



Natural Sleep Enhancement and Stress Reduction*

Dietary
Supplement

90 Vegetarian
Capsules

Supplement Facts

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbyl palmitate)	18 mg	30%
Niacin (as niacinamide)	66 mg	330%
L-Tryptophan	1000 mg	**
L-Lysine (from L-Lysine HCl)	250 mg	**
Proprietary Tryptophan Plus Blend	285 mg	**
Perluxan® Hops standardized extract (cones), Ursole™ Rosemary standardized extract (leaf)		

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), maltodextrin, modified food starch, hydroxypropyl methylcellulose, silica, medium chain triglycerides.

Manufactured by:
Quality Supplements and Vitamins, Inc.
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To report a serious adverse event or obtain product information,
contact 1-866-280-2852.

*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.

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