

SUGGESTED USAGE: Take 1-2 capsules twice daily on an empty stomach, with final dose at bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. In the brain, Tryptophan is converted into serotonin, a neurotransmitter involved in feelings of well-being, calmness, personal security, and relaxation.* It also plays a role in the regulation of appetite and synchronization of sleep patterns.* Every lot of Protocol For Life Balance® L-Tryptophan is tested to be free of Peak E and microbial contamination.

CAUTIONS/INTERACTIONS: Tryptophan supplements may interact with CNS depressants, antidepressants (SSRIs, MAOIs), and other serotonergic agents such as St. John's Wort and 5-HTP. Consult your healthcare practitioner if you are taking medications or herbs, are pregnant/nursing, or if you have liver impairment. May cause drowsiness. Do not use with alcoholic beverages or while operating heavy machinery.

Do Not Eat Freshness Packet. Keep in Bottle.

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60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



PROTOCOL
FOR LIFE BALANCE®

L-Tryptophan

500 mg

- Supports Relaxation*
- Encourages Positive Mood*
- Promotes Restful Sleep*

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 30

Amount Per Serving

L-Tryptophan (Free-Form) (2-amino-3-indolylpropanoic acid)	1 g (1,000 mg)*
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* Daily Value not established.

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

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA protocolforlife.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.

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

Natural color variation may occur in this product.

*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.