

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.

CODE
P0166
V6



PROTOCOL
FOR LIFE BALANCE®

L-Tryptophan

500 mg

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

60 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

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.
Bloomington, 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.

*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.

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