

SOURCE NATURALS®

DIETARY SUPPLEMENT

L-TRYPTOPHAN

MOOD, RELAXATION, SLEEP\*

500 MG • 30 CAPSULES

### Supplement Facts

Serving Size 3 Capsules

Servings Per Container 10

	Amount Per Serving	%DV
Iron (naturally occurring)	575 mcg	3%
L-Tryptophan	1.5 g	†

†Daily Value not established.

Other ingredients: gelatin (capsule), silica, magnesium stearate, dibasic calcium phosphate, and microcrystalline cellulose.

The essential amino acid L-tryptophan helps support relaxation, restful sleep, and positive mood. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response and sleep/wake cycles. L-Tryptophan also supports immune functions because it is the body's precursor to the kynurenines that regulate immunity. If needed, L-tryptophan converts to niacin in the body, which supports circulation, a healthy nervous system, the metabolism of food, and the production of hydrochloric acid for the digestive system. Source Naturals L-TRYPTOPHAN is extremely pure and is regularly tested to ensure the highest standards of quality.\*

**Suggested Use:** 1 capsule three times daily, between meals and preferably with fruit juice. To support restful sleep, take 3 capsules before bed.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

STORE IN A COOL, DRY PLACE.

**CAUTION:** If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using 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.**

Manufactured for:  
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