

Supplement Facts

Serving Size 1 Capsule

Serving Per Container 180

	Amount Per Serving	% Daily Value
L-Tryptophan	500 mg	*

*Daily Value not established

Other Ingredients: Magnesium stearate (vegetable source). No wheat, no gluten, no soy, no dairy, no egg, no fish/shellfish, no nuts/tree nuts, no corn.

Warnings: Do not take this product if you are pregnant or breast feeding. If you are taking SSRI's (selective serotonin reuptake inhibitors) please contact your health care professional before taking this product.

Keep out of the reach of children.



HBC Protocols, Inc.
8205 Santa Monica Blvd. Suite 472
Los Angeles, California, 90046

888.497.3742

www.hbcprotocols.com

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Protocols™



L-TRYPTOPHAN

DIETARY SUPPLEMENT

500 mg • 180 Capsules

Description

- Pharmaceutical Grade-Highest Purity

L-Tryptophan is an essential amino acid therefore cannot be synthesized by the body and must be obtained via food or supplements. It plays an important role in promoting relaxation, sleep, good mood, and may also help reduce carbohydrate cravings.*

Suggested Use

Take 1-3 capsules on an empty stomach 30 minutes before food consumption or sleep with water or fruit juice, or as directed by your health care consultant.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

