

TryptoPure® PharmaGABA™

Jarrow
FORMULAS®

Sleep Optimizer®

Promotes Relaxation* &
A Healthy Sleep Cycle*

PharmaGABA™ • Hops Flower
Valerian • Melatonin • Tryptophan

30 Vegetarian Capsules

Dietary Supplement

Lot #. Best Used Before:



Jarrow FORMULAS®
Superior Nutrition and Formulation™
Distributed Exclusively by:
TryptoPure® is a registered trademark
of Ajinomoto AminoScience of Japan.

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PharmaGABA™ TryptoPure®
12311SLPBX PROD # 129048
No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.
Other ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule
consists of hydroxypropylmethylcellulose.

Supplement Facts	
Serving Size 2 Capsules	
Servings Per Container 15	
Amount Per Serving	% DV
Valerian Root (<i>Valeriana officinalis</i>) (root)	400 mg *
L-Tryptophan	300 mg *
Hops (<i>Humulus lupulus</i> L.) (flower)	100 mg *
Lemon Balm (<i>Melissa officinalis</i>) (leaves)	100 mg *
PharmaGABA™ (gamma-aminobutyric acid)	100 mg *
Melatonin	0.3 mg *
* Daily Value not established.	

* 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.

Keep out of the reach of children.

biological clock can be disturbed by stress, crossing time zones, and changing work shifts.
pituitary gland that controls the biological clock and signals the entry into sleep. Our
latency (the delay before entry into sleep). Melatonin is a hormone secreted by the
combination of valerian and hops flower has been studied for its effect on reducing
aminobutyric acid (GABA), lemon balm, and L-tryptophan promote relaxation. The
together to facilitate falling asleep and maintaining a regular sleep cycle. Gamma-
Jarrow FORMULAS® Sleep Optimizer® combines herbs and amino acids that work
ipronazidol, consult your health care practitioner before using this product.

NOTE: If you have a medical condition (especially asthma, MS, lymphoma, leukemia,
diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, trying to conceive,
under the age of 18, or taking medications (especially MAO inhibitors such as
ipronazidol), consult your health care practitioner before using this product.

WARNING: Do not drive or operate machinery immediately following use of this product.
qualified health care consultant.

USAGE: Take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your

