

USAGE: Take 1 capsule on an empty stomach 30 minutes before sleep with water or fruit juice or as directed by your qualified healthcare professional.

WARNING: DO NOT take this product if you are taking any SSRIs (selective serotonin reuptake inhibitors) or MAOIs (monoamine oxidase inhibitors). If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

L-tryptophan is an essential amino acid and hence cannot be synthesized by the body, but must be obtained from food or supplements. Because L-tryptophan is converted to serotonin (5-hydroxytryptamine) and melatonin in the body, it plays an important role in promoting relaxation, restful sleep and positive mood.*

L-tryptophan may also help in reducing carbohydrate cravings.* **Jarrow Formulas® L-Tryptophan TryptoPure®** is manufactured at a GMP facility via fermentation of vegetable materials.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

Meets USP Standard

L-Tryptophan

For Relaxation,*
Positive Mood & Sleep*

500
MILLIGRAMS

60
VEGGIE CAPS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

| | Amount Per Serving | % DV |
|--------------|--------------------|------|
| L-Tryptophan | 500 mg | † |

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

TryptoPure® is a registered trademark of Ajinomoto Co., Inc.

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