

Bluebonnet's L-Tryptophan 500 mg Vegetable Capsules are formulated with a vegetarian source of the free-form amino acid L-tryptophan called TryptoPure® from Ajinomoto to help support a positive mood, a sense of relaxation, as well as to reduce occasional sleeplessness.♦

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

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

Bluebonnet's KOF-K Certification #K-0000700

**CAUTION:** Do not use this product, if you are pregnant, trying to conceive, breastfeeding or taking a prescription antidepressant. Consult your healthcare practitioner before use if you have a medical condition or if you are taking any prescription medications. Keep out of 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.



Dietary Supplement

**30** Vegetable Capsules

Bluebonnet®



# L-Tryptophan 500 mg

Mood & Sleep Support ♦

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

Amount Per Serving	
L-Tryptophan (free-form)	500 mg *

\* Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable magnesium stearate, vegetable cellulose.

Manufactured by  
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