

## L-Tryptophan

### DESCRIPTION

Douglas Laboratories L-Tryptophan supports serotonin synthesis for healthy well-being and sleep.‡

### INDICATIONS

Supports emotional well-being and restful sleep‡

### FUNCTIONS AND MECHANISM OF ACTION

Tryptophan is an essential amino acid that promotes serotonin synthesis. Clinical trials indicate that L-tryptophan supplementation may support overall emotional well-being and restful sleep. L-tryptophan also has been reported to support healthy sleep quality, onset, and duration. Vitamin B<sub>6</sub> is provided in this formula for enhanced support as an important cofactor involved in the metabolism of L-tryptophan.‡

### FORMULA (#202677)

Serving Size 2 Vegetarian Capsules:

Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate) .....	6.7 mg
L-Tryptophan (as TryptoPure®) .....	1,000 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule)

TryptoPure® is a registered trademark of Ajinomoto AminoScience, LLC.

Gluten-free, Non-GMO

### SUGGESTED USE

As a dietary supplement, adults take 2 capsules, 1-3 times daily, between meals or as directed by your health professional.

### WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or taking any medication, particularly psychiatric and antidepressant medication, consult your health professional before use.

KEEP OUT OF REACH OF CHILDREN.

### STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

### REFERENCES

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**For more information on L-Tryptophan, visit [douglaslabs.com](http://douglaslabs.com)**

‡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.

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