

L-Tryptophan

Supports serotonin synthesis for emotional wellness and restful sleep[†]

INDICATIONS

- Ages 18 and up
- Supports emotional wellness[†]
- Supports restful sleep and relaxation[†]

BENEFITS

- Enhances serotonin synthesis to support emotional well-being and restful sleep[†]
- Promotes relaxation and a positive outlook[†]
- Helps control occasional cravings[†]

FEATURES

- Contains serotonin precursor and cofactors
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

The essential amino acid L-tryptophan is a serotonin precursor. Research indicates that L-tryptophan supplementation may support emotional well-being and restful sleep.¹ In a double-blind, placebo-controlled study, L-tryptophan supported healthy emotional processing and promoted positive outlook in women.² In a separate study, it supported healthy mood and lessened occasional irritability during the menstrual cycle.³ L-Tryptophan also supports healthy sleep quality, onset and duration.⁴ Additional research suggests that tryptophan may promote relaxation and help control occasional cravings.⁵ Vitamin B₆ provides enhanced support as an important cofactor involved in the metabolism of L-tryptophan.^{6†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-3 times daily, between meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not use concurrently with antidepressants.

SOURCE

- L-tryptophan is derived from corn dextrose fermentation. It is tested for contaminants, including EBT (peak E) and endotoxin
- Niacinamide and pyridoxal 5'phosphate (activated B₆) are synthetic
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 00 caps

Bottle counts 90, 180

Order codes TRY19, TRY11

Bottle size 290 cc

REFERENCES

1. Hartmann E, et al. *J Nerv Ment Dis.* 1979 Aug;167(8):497-9.
2. Murphy SE, et al. *Psychopharmacology (Berl).* 2006 Jul;187(1):121-30.
3. Steinberg S, et al. *Biol Psychiatry.* 1999 Feb 1;45(3):313-20.
4. Ghadirian AM, et al. *J Affect Disord.* 1998 Jul;50(1):23-7.
5. Wurtman JJ, et al. *Int J of Eating Disorders.* 1981; 1(1); 2-15.
6. Hvas A.-M, et al. *Psychother Psychosom.* 2004;73:340-3.

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SUPPLEMENT FACTS

2 capsules, 1-3 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Vitamin B₆ (as pyridoxal 5' phosphate) (activated B₆) 6.7 mg

TryptoPure[®] L-Tryptophan 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water)

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I-Tryptophan	Quantity	Order Code
	180	TRY11
	90	TRY19

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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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