

# L-Tryptophan 500 mg

## Food for special medical purposes (balanced diet)

with the essential amino acid L-Tryptophan. L-Tryptophan is converted to melatonin in the body via various intermediate stages.

Nutritional facts	per 1 capsule*
L-tryptophan	500 mg

\* Recommended daily intake



## Ingredients:

L-Tryptophan, hydroxypropylmethylcellulose (capsule), antioxidant: ascorbyl palmitate.

**Directions for use:** Take 1 capsule daily unchewed with sufficient water 30 minutes before sleeping.

**Notice:** The recommended daily intake indicated should not be exceeded. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of the reach of children.

**Important notice:** L-Tryptophan should not be taken with substances such as 5-HTP or medications that also increase serotonin levels. If taking antidepressants, consult your doctor or therapist before consumption. Not suitable for pregnant women, nursing mothers, children and adolescents. After taking the product, the ability to participate in road traffic may be impaired.

## Store:

Store well closed in a cool, dry place.

## Directions for use:

Take 1 capsule daily unchewed with sufficient water 30 minutes before sleeping.

Packaging size	PZN	Product number	Net quantity
45 capsules	09542731	12737	e 27 g
90 capsules	09612331	12497	e 54 g