

L-Tryptophan 500 mg

Food supplement

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

Nutritional facts	per 100 g	per 1 capsule*
Energy	1325 KJ/ 314 kcal	8 KJ/ 2 kcal
Fat	< 0,5 g	0 g
- thereof saturated fatty acids	< 0,5 g	0 g
Carbohydrates	< 0,5 g	0 g
- thereof sugar	0 g	0 g
Fiber	18,3 g	< 0,25 g
Protein	69,3 g	0,45 g
Salt	< 0,5 g	0 g
L-tryptophan	80,6 g	500 mg

* Recommended daily intake

Ingredients:

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

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 plenty of water 30 minutes before sleeping.



Packaging size	PZN	Product number	Net quantity
180 capsules	17518882	13383	e 112 g