

**DIRECTIONS:** Take 1 capsule a day before going to bed on an empty stomach with water. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

L-Tryptophan is an essential amino acid provided by mixed dietary protein intakes from different sources. L-Tryptophan can also be consumed in the form of supplements.

**WARNINGS:** Pregnant or lactating women, those taking anti-depressant medications (like SSRI's or MAOI's), or those with liver disorders consult your health care professional before using this product! L-Tryptophan may cause drowsiness!

Store in a cool, dry place.

**Best before end:** see on packaging.

**Batch number:** see on packaging.

**SCITEC<sup>®</sup>  
NUTRITION**

**ESSENTIAL AMINO ACID**

**TRYPTOPHAN**

**500 MG PER SERVING**

**60 CAPSULES**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 1 capsule      Servings Per Container: 60

Amount Per Serving		RDA%*
L-Tryptophan	500 mg	†

\*RDA%: Percent of the Recommended Daily Allowance.

† RDA not established in the EU.

**Ingredients:** L-Tryptophan, Gelatin (capsules).

**Allergen info:** Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Formulated by and manufactured for  
**SCITEC NUTRITION<sup>®</sup>**  
P.O. Box 431975, Miami, FL 33243, USA  
Made in EU.

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