

High Potency Serotonin Enhancer*

L-Tryptophan is used by the brain as a precursor to serotonin and melatonin, neurotransmitters that are necessary for normal sleep. Adequate sleep is crucial for healthy immune and nervous system function. In addition, changes in the level of serotonin in the brain can impact mood and satiety.*

You may need additional supplements to support a healthy diet; consult your nutritionist for a formula that is right for you or contact us at 877-ASK-ZAHLER (877-275-9245) or ask@zahlers.com.

KEEP OUT OF REACH OF CHILDREN.

Do not use if safety seal is damaged or missing.
If pregnant, nursing or on medication, consult with your healthcare practitioner.

***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.**

KOSHER
PAREVE



UNDER THE STRICT
SUPERVISION OF
RABBI SH. STERN &
THE ORTHODOX
UNION



Non-GMO
GLUTEN FREE
DAIRY FREE
SOY FREE



STORE TIGHTLY CLOSED
IN A COOL, DRY PLACE.



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L-Tryptophan

Purified L-Tryptophan

High Potency Serotonin Enhancer*



MIND &
SPIRIT



500|mg
per serving
Dietary Supplement
60 Capsules

Feel Better,
Everyday™

Directions:

Take 1 capsule daily, preferably without food, or as directed by a healthcare practitioner.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		%DV
Vitamin B3 (from 500 mg L-Tryptophan)	8.3 mg	52%
L-Tryptophan	500 mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose (Capsule), Magnesium Stearate, Rice Flour.

Distributed By:
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www.zahlers.com