



I-Tryptophan

INTRODUCED APRIL 2009

What Is It?

The essential amino acid L-tryptophan is a serotonin precursor. It promotes serotonin synthesis to support emotional health and restful sleep.*

Uses For I-Tryptophan

Positive mood: Research indicates that L-tryptophan supplementation may support emotional well-being. In a double blind placebo-controlled study, L-tryptophan supported healthy emotional processing and promoted positive outlook in women. In a separate study, it supported healthy mood and lessened irritability during the menstrual cycle. Niacinamide and vitamin B₆ provide enhanced support as important cofactors involved in the metabolism of L-tryptophan.*

Restful sleep and relaxation: Research indicates that L-tryptophan supports healthy sleep quality, onset and duration. Additionally, studies suggest that tryptophan may promote relaxation and help control occasional cravings.*

What Is The 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.



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Recommendations

Pure Encapsulations recommends 2-6 capsules daily, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. L-Tryptophan can cause gastrointestinal (GI) side effects, including heartburn, belching and flatulence, nausea, vomiting or diarrhea. It has also been related to headache, dry mouth, visual blurring, ataxia, drowsiness and anorexia. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Tryptophan is contra-indicated with serotonergic medications, including SSRI and MAO inhibitor medications. It is also contra-indicated with sedative and antipsychotic medications. Consult your physician for more information.

I-Tryptophan

one vegetable capsule contains  v 00

niacinamide	5 mg.
pyridoxal 5'-phosphate (activated B ₆).....	5 mg.
Tryptopure™ L-tryptophan	500 mg.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.