

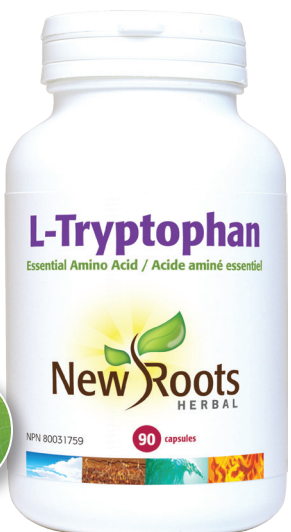
L-Tryptophan

Amino acid · Metabolic precursor
to serotonin & melatonin



- Enhances mood and sense of well-being
- Promotes healthy sleep cycles

ISO 17025
Accredited Laboratory



newrootsherbal.com



L-Tryptophan



L-Tryptophan is one of the essential amino acids that serve as building blocks for protein synthesis throughout the body. The term “essential” means the body cannot make it and must acquire it through diet.

L-Tryptophan is the metabolic precursor for proteins the body produces that include serotonin (a neurotransmitter), melatonin (a neurohormone) and niacin (vitamin B₃). These proteins act as mood enhancers and stabilizers, as well as stimulating the peaceful, serene state of mind conducive to healthy sleep patterns. Niacin production and availability also help regulate digestive function to produce energy from proteins, fats and carbohydrates.

Oral administration of L-tryptophan can also increase levels of the chemical messengers dopamine and norepinephrine, proteins that contribute to pleasure and alertness.

The normal process of aging depletes levels of L-tryptophan; supplementation with New Roots Herbal’s **L-Tryptophan** can help improve mood, alleviate insomnia and contribute to overall wellbeing.

Each vegetable capsule contains:

L-Tryptophan..... 220 mg

Other ingredients: Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80031759 · V0456-R4

Suggested use:

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1645

