

# L Tryptophan



## Clinical Applications

- Supports Serotonin Synthesis\*
- Support for Emotional Well-Being\*
- Supports Restful Sleep\*

**L-Tryptophan** is an essential amino acid that is necessary for making proteins. It is naturally found in red meat, poultry, eggs, and dairy. It is important for several organs in the body. L-tryptophan is not produced by the body and must be consumed in one's diet. After absorbing from food, the body converts some of it to 5HTP and then to serotonin. Serotonin is a hormone that transmits signals between nerve cells.\*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

An essential component of the human diet, L-tryptophan is critical in several metabolic functions and has been widely used in numerous research and clinical trials. This review provides a brief overview of the role of L-tryptophan in protein synthesis and several other metabolic functions. With emphasis on L-tryptophan's role in synthesis of brain serotonin, details are provided on the research uses of L-tryptophan, particularly L-tryptophan depletion, and on clinical trials that have been conducted using L-tryptophan supplementation. The ability to change the rates of serotonin synthesis in the brain by manipulating concentrations of serum tryptophan is the foundation of much research. As the sole precursor of serotonin, experimental research has shown that L-tryptophan's role in brain serotonin synthesis is an important factor involved in mood, behavior, and cognition. Furthermore, clinical trials have provided some initial evidence of L-tryptophan's efficacy for treatment of psychiatric disorders, particularly when used in combination with other therapeutic agents.

Tryptophan is an essential amino acid that promotes serotonin synthesis. Clinical trials indicate that L-tryptophan supplementation may support overall emotional well-being and restful sleep. L-tryptophan also has been reported to support healthy sleep quality, onset, and duration. Vitamin B6 is provided in this formula for enhanced support as an important cofactor involved in the metabolism of L-tryptophan.

\*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.

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# L-Tryptophan



# Supplement Facts

Serving Size 2 Vegetarian Capsules  
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin B <sub>6</sub> .....	6.7 mg	394%
(as pyridoxal-5-phosphate)		
L-Tryptophan (as TryptoPure®).....	1,000 mg	*

\*Daily Value [DV] not established

Other ingredients: Hydroxypropyl methylcellulose (capsule)

TryptoPure® is a registered trademark of Ajinomoto AminoScience, LLC.

## Directions

As a dietary supplement, adults take 2 capsules, 1-3 times daily, between meals or as directed by your health professional., or as directed by your health care provider.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner.

## Warning

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric and antidepressant medication, consult your health professional before use.



## References

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