

L-Tryptophan Neurological Support

DESCRIPTION

L-Tryptophan, provided by Douglas Laboratories®, supplies 1000 mg of pure L-Tryptophan plus other synergistic cofactors in two vegetarian capsules.

FUNCTIONS

Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. This is achieved in part by decreasing the activity of certain excitatory hormones, including dopamine and noradrenaline. Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns. Serotonin is unable to cross the blood-brain barrier and is therefore synthesized in the brain. Tryptophan, an essential amino acid, is a precursor for the synthesis of serotonin. Tryptophan crosses the blood-brain barrier and is converted to L-5-Hydroxytryptophan (5-HTP), which in turn is converted into serotonin. Vitamins B2 and B6, niacinamide and Vitamin C are necessary cofactors to ensure the proper synthesis of serotonin. Studies indicate that supplementation with L-tryptophan may support healthy mood and restful sleep.† Other studies indicate L-tryptophan may support women's emotional well being before menstruation.† Additional research indicates L-tryptophan may be helpful in supporting healthy relaxation and occasional food cravings.†

INDICATIONS

Tryptophan may be a useful dietary supplement for individuals wishing to support neurological function and healthy emotional wellbeing.

FORMULA (#200448)

2 vegetarian capsules contain:

L-tryptophan (as TryptoPure®)	1000 mg
Vitamin C (as ascorbyl palmitate)	10 mg
Riboflavin (as riboflavin-5-phosphate)	10 mg
Niacin (as niacinamide).....	10 mg
Vitamin B6 (as pyridoxal-5-phosphate).....	10 mg
Bioperine® (Black pepper extract, fruit)	5 mg

TryptoPure® is a registered trademark of Ajinomoto AminoScience LLC.

Bioperine® is a registered trademark of Sabinsa Corporation

SUGGESTED USE

As a dietary supplement, adults take 2 capsules daily or as directed by your health care professional.

SIDE EFFECTS

Warning:

If you are taking medications for neurological conditions including Selective Serotonin Reuptake Inhibitors [SSRIs] or Monoamine Oxidase Inhibitors [MAOI], or are pregnant or nursing, do not use this product

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STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Murphy SE, Longhitano C, Ayres RE, Cowen PJ, Harmer CJ. Tryptophan supplementation induces a positive bias in the processing of emotional material in healthy female volunteers. *Psychopharmacology (Berl)*. 2006 Jul; 187(1):121-30.

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Steinberg S, Annable L, Young SN, Liyanage N. A placebo-controlled study of the effects of L-tryptophan in patients with premenstrual dysphoria. *Adv Exp Med Biol*. 1999;467:85-8.

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For more information on L-Tryptophan Neurological Support visit douglaslabs.com

† 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.

Manufactured by
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**You trust Douglas Laboratories.
Your patients trust you.**