

L-TRYPTOPHAN 500 MG - 60 CAPSULES

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NELTR

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The essential amino acid L-tryptophan can be converted into serotonin and melatonin in our brains

**Description**

For the conversion of L-tryptophan into serotonin and melatonin, vitamin B6 (pyridoxine) and B3 (niacin) are required as co-factors. To rule out deficiencies of these nutrients, L-tryptophan is ideally combined with vitamin B complex®.

**INSTRUCTIONS**

2 capsules a day with a glass of water, preferably at 4pm and at bedtime. The recommended daily intake should not be exceeded. Store out of reach of young children.

A food supplement should not be a substitute for a varied and balanced diet and a healthy lifestyle.

**Composition**

Composition					
Scientific name	English name	Used part	Galenic form	Amount	Function
L-Tryptophan	L- Tryptophan		Powder	500 mg	
Magnesii stearas	Magnesium stearate		Powder	25 mg	Anticaking agent
Magnesii silicas	Magnesium silicate		Powder	50 mg	Anticaking agent
Silicium colloidalum	Colloidal silica		Powder	15 mg	Anticaking agent
Gelules	Capsules				
Gelatine	Gelatine	x	x	116 mg	

NUTRITIONAL ANALYSIS	
Energy in kcal	386 Kcal
Energy in kJ	1613,5 KJ
Carbohydrates	0 g
Proteins	95,1 g
Lipids	0,6 g

	<b>Amount per capsule</b>	<b>Amount per 100 g</b>
L-Tryptophan	2,70 Kcal - 11,40 KJ	386 Kcal - 1613,5 KJ

**Categorie:** Cognitive / Neuro

**Form:** Capsule

**Free from:** No info

**Raw Material:** L-Tryptophan