

Supplement Facts for 500 mg Capsule

Serving Size: 3 Capsules

	Amount	%DV
Iron (naturally occurring)	575 mcg	3%
L-Tryptophan	1.5 g	

Other Ingredients: gelatin (capsule), dibasic calcium phosphate, microcrystalline cellulose, silica, and magnesium stearate.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Store in a cool, dry place.