

# L-Tryptophan 250



## Combined with selected B vitamins

### Different micronutrients for the nerves and L-tryptophan

Tryptophan together with phenylalanine, tyrosine and histidine are considered aromatic amino acids and cannot be produced by the body itself. As a result, tryptophan is an essential amino acid. Our body is unable to produce this amino acid, which is why L-tryptophan, the so-called essential amino acid, needs to be taken in through food. In addition to this amino acid, Biogena L-Tryptophan 250 also contains different vitamins and minerals, which mainly have an impact on the "nerves". For example, folic acid, magnesium and other micronutrients contained therein, support the normal psychological functions. The "nerve vitamins" B6 and B1 mainly have an impact on the nervous system. L-Tryptophan 250 also contains niacin, which contributes to reducing tiredness and signs of fatigue. As a result, the nutrient spectrum contained in Biogena L-Tryptophan 250 not only contains the essential amino acid L-tryptophan that cannot be produced by the body itself, but also selected substances to support "strong nerves".

### L-Tryptophan 250:

- Contains the essential amino acid tryptophan in the bioidentical L-form
- Magnesium, vitamin B6, vitamin B1 and niacin contribute to the normal functioning of the nervous system
- Folic acid, magnesium, vitamin B6, vitamin B1 and niacin promote the normal psychological functions
- Folic acid, magnesium, vitamin B6 and niacin contribute to the reduction of tiredness and signs of fatigue

### Possible uses:

- For a targeted supply of the essential amino acid L-tryptophan
- To support the normal functioning of the nervous system and the psyche
- To reduce tiredness and signs of fatigue

### Bioavailable micronutrients in a pure form:

- Only active ingredients
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- Fructose free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan

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WELCOME TO YOURSELF

INGREDIENTS per daily dose	2 capsules	% NRV*
L-tryptophan	500 mg	-
Niacin (mg NE)	40 mg	250
Vitamin B6	10 mg	714
Thiamine (vitamin B1)	7 mg	636
Folic acid	400 µg	200
Magnesium	60 mg	16

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

L-tryptophan, hydroxypropyl methyl cellulose (capsule shell), nicotinamide, magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate, pyridoxine hydrochloride, thiamine mononitrate, folic acid.

## RECOMMENDED DOSAGE

2 capsules daily 30 minutes before going to bed, preferably with a drink rich in carbohydrates.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Do not use concomitantly with antidepressants. Not suitable under the age of 11.


## PACKAGE SIZE AND CONTENT

120 capsules (2 month supply), 56 g

Food supplement: The recommended daily intake should not be exceeded. The product should not be used as a substitute for a varied diet and a healthy lifestyle. Store at room temperature in a dry place and protected from light. Protect from heat. Keep out of the reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 09.05.2019.



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