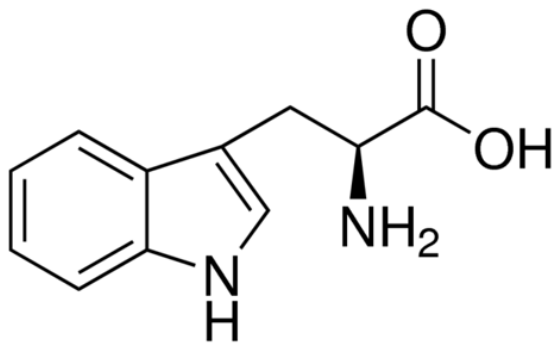


## L-Tryptophan 500 mg - 60 Veg Capsules

### TECHNICAL SUMMARY

L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. In the brain, tryptophan is converted into serotonin, a neurotransmitter involved in feelings of well-being, calmness, personal security, and relaxation.\* It also plays a role in the regulation of appetite and synchronization of sleep patterns.\* Every lot of Protocol For Life Balance® L-Tryptophan is tested to be free of Peak E and microbial contamination.

### Structure Formula:



**Chemical Name:** 2-amino-3-indolpropanoic acid

**Allergen and Additive Disclosure:** Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Delivery Form:** Vegetable Capsules

### ROLE AS NUTRIENT/FUNCTION

As an essential amino acid, tryptophan's primary role is to be a protein component that can only be obtained through the diet or supplementation.\* Upon transport across the blood-brain barrier, this essential amino acid plays an important role in indirectly regulating other neurological pathways including sleep and mood.\* This regulation is accomplished through synthesis of indolamines responsible for maintaining these pathways including serotonin, melatonin, tryptamine, and nicotinamide. Regulation of the synthesis of these neurotransmitters contribute to the support of sleep and mood.\* Tryptophan also undergoes metabolism to kynurenine, which protects the eye from UV damage and has also been known to help support the normal aging process to the eye.\*

### NATUROKINETICS®

**Liberation:** Disintegration of the vegetable capsule is tested in water using a USP testing method with disintegration measured between zero and 60 minutes.

**Absorption:** Supplemental tryptophan is absorbed in the intestines via two distinct active transport mechanisms: Na<sup>+</sup>-dependent mechanism in the apical membrane of the gut and TAT1 transport located in the basolateral epithelium. Tryptophan absorption by the intestine is tightly regulated and influenced by its low affinity for its transport system and by competition

## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 30

### Amount Per Serving

|   |                  |
|---|------------------|
| L-Tryptophan (Free-Form)<br>(2-amino-3-indolylpropanoic acid) | 1 g (1,000 mg)** |
|---|------------------|

\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Rice Flour, Ascorbyl Palmitate and Stearic Acid (vegetable source).

- Encourages Positive Mood\*
- Supports Relaxation & Restful Sleep\*

**SUGGESTED USAGE:** Take 1-2 capsules twice daily on an empty stomach, with final dose at bedtime, or as directed by your healthcare practitioner.

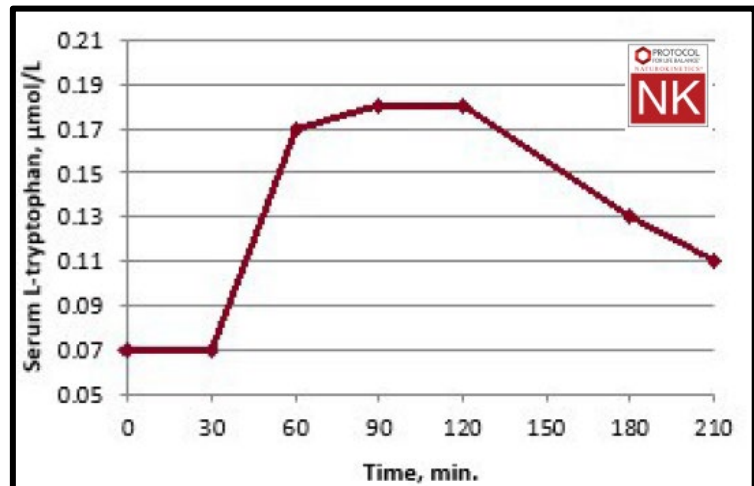


Figure 1. Mean serum concentrations following a single oral administration of L-tryptophan (0.8 g) in healthy adult volunteers.

with other amino acids. In a pharmacokinetic study with healthy volunteers, single oral administration of 0.8 g of L-tryptophan resulted in a peak concentration at T<sub>max</sub> of 60-120 min (Figure 1).

**Distribution:** Approximately 75-95% of circulating tryptophan is bound to albumin. The unbound, free tryptophan is available for transport across the blood-brain barrier where it competes for transport across the blood-brain barrier with other large neutral amino acids (histidine, isoleucine, leucine, methionine, phenylalanine, threonine, tyrosine, and valine). Insulin regulates tryptophan's ability to cross the blood-brain barrier.

**Metabolism:** In the brain, tryptophan undergoes two primary metabolic pathways. Most of the tryptophan, approximately 90%, is metabolized via the kynurenine pathway, which results in the formation of kynurenic acid (a glutamate receptor antagonist) and quinolinic acid (a glutamate receptor agonist). The second pathway is the indoleamine formation of

serotonin, nicotinamide, melatonin, and other tryptamines that are neurotransmitters with a pivotal roles in other neurological regulatory pathways.\*

**Elimination:** Following ingestion, the urinary excretion of intact tryptophan is negligible. Kynurenine, the major peripheral tryptophan metabolite can be detected in urine 4 hours following administration of tryptophan. It is also subject to reabsorption by renal tubules.

### CLINICAL VALIDATION

- **Mood Support.\*** In a double-blind crossover study, participants received 3 g/d of tryptophan or placebo for 15 days. During this 15-day period, participants were asked to record their behavior, feelings, and perception of others during social interactions. Results showed a significant decrease in negative behaviors, feelings, and perceptions supporting the hypothesis that tryptophan can promote a more positive mood.\*
- **Sleep Support.\*** In a clinical trial with 15 volunteers expressing difficulties falling asleep (reported sleep onset latencies of over 30 minutes), tryptophan supplementation (1 g before bedtime) significantly reduced sleep latency from 26 min to 18 min.\*

### SAFETY INFORMATION

**Tolerability:** Tryptophan may cause occasional gastrointestinal discomfort such as heartburn and nausea, and in rare cases, headache, lightheadedness, and drowsiness have also been described.

**Contraindications:** Not recommended for women who are pregnant or nursing.

### INTERACTIONS

**Drug Interactions:** Combining selective serotonin reuptake inhibitors (SSRIs), monoamine oxidase inhibitors (MAOIs), and sedatives (clonazepam, lorazepam, phenobarbital, zolpidem) might increase the risk of serotonergic side effects.

**Supplement Interactions:** Theoretically, tryptophan might result in drowsiness when taken with valerian root, yerba mate, kava kava, and increase the serotonergic effect of 5-HTP, S-adenosylmethionine (SAME), and St. John's Wort.

**Interaction with Lab Tests:** None known

### STORAGE

Store in a cool, dry place in original sealed container.