

NutriFax[®]

The Facts about L-Tryptophan

For some time, tryptophan was available in health food stores as a dietary supplement. Many people found tryptophan to be a safe and reasonably-effective sleep aid, probably due to its ability to increase brain levels of serotonin (a calming neurotransmitter when present in moderate levels) and/or melatonin (a slumber-inducing hormone secreted by the pineal gland in response to darkness or low light levels). Clinical research tended to confirm tryptophan's effectiveness as a natural sleeping pill and for a growing variety of other conditions typically associated with low serotonin levels or activity in the brain. In particular, tryptophan showed considerable promise as an antidepressant alone, and as an "augmentor" of antidepressant drugs. Other promising indications included relief of chronic pain and reduction of impulsive, violent, manic, addictive, obsessive, or compulsive behaviours and disorders. Tryptophan has also been indicated as an aid for schizophrenic patients.

How Tryptophan Works

Tryptophan is a naturally occurring substance which can be used to improve mood in people who are feeling low or depressed. It is in fact an "amino-acid" and is found in many foods.

The brain has many naturally occurring chemical messengers (or neurotransmitters). One of these is called serotonin or 5-HT. It is known that lower than normal serotonin (or 5-HT) levels occur in the brain of people who are feeling depressed. Tryptophan is converted into serotonin in the body. If you then take tryptophan tablets this can increase the amount of serotonin in the brain and help to improve your mood.

Tryptophan Side Effects

In the 1990s there were some serious and unpleasant side-effects with health food products in America which contained tryptophan. These side effects were caused by contaminants introduced due to poor processing. The industry has learned from those mistakes and now takes extra precautions to avoid such contamination from occurring presently and in the future. Tryptophan itself was not directly linked with these side-effects. If you suffer any severe joint or muscle pain, skin rash, swelling or fever please tell your doctor immediately and never take tryptophan that was packaged in the 1990s and never take tryptophan that is not labeled with a production date. Mason guarantees that in the manufacturing of all our products U.S. FDA Good Manufacturing Practices are met. Mason uses fresh ingredients and meets or exceeds the potency levels as established by U.S. government regulations.



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	%DV
L-Tryptophan	500 mg	**

**Daily Value not established.

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