

L-Tryptophan 250



Combined with selected B vitamins

Various micronutrients for the nerves and L-tryptophan

Together with phenylalanine, tyrosine and histidine, tryptophan is one of the aromatic amino acids. As an essential amino acid, it cannot be produced by the body itself, which is why L-tryptophan must be supplied through food. Each capsule of Biogena L-Tryptophan 250 contains 250 mg of this amino acid as well as various vitamins and minerals, which have a particular effect on our nervous system. For example, folic acid and magnesium support normal mental functions. The „nerve vitamins“ B6 and B1 contribute to the normal functioning of the nervous system. L-Tryptophan 250 also contains niacin, which contributes to the reduction of tiredness and fatigue. The nutrient spectrum in Biogena L-Tryptophan 250 therefore consists not only of the essential amino acid L-tryptophan, which cannot be produced by the body itself, but also of selected substances to support the nerves and psyche.

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 function of the nervous system
- Fols & folic acid, magnesium, vitamin B6, vitamin B1 and niacin support normal mental function
- Fols & folic acid, magnesium, vitamin B6 and niacin contribute to the reduction of tiredness and fatigue


Possible applications:

- For the targeted supply of the essential amino acid L-tryptophan
- To support the normal function of the nervous system: Magnesium, vitamin B6 and vitamin B1 contribute to the normal function of the nervous system and the psyche
- To reduce tiredness and fatigue: Folic acid and niacin contribute to the reduction of tiredness and 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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- Quality tested

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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