

L-Tryptophan and L-Tryptophan with B-6 Just Feel Good



Do you occasionally feel frazzled and stressed? Are there times when you can't cope, can't sleep, can't deal with your life?

Relax...Source Naturals presents L-TRYPTOPHAN and L-TRYPTOPHAN WITH B-6, the natural amino acid that converts into neurotransmitters that support sleep, rest, and good feelings.

The amino acid L-tryptophan affects many neurochemicals that help people feel their best: mentally and emotion-

ally functioning at peak. Many people are deficient in this important amino acid because its best source is complex carbohydrates—often lacking in modern diets. L-tryptophan is the precursor to serotonin and melatonin, both important for mood, sleep, and many other biological functions.

Relax and let Source Naturals L-TRYPTOPHAN and L-TRYPTOPHAN WITH B-6 restore your normal, healthy equilibrium through the body's natural processes of rest, relaxation, and soothing sleep.



Strategies for WellnessSM

Feeling Good—It Isn't All in Your Head

Today's nutrient-deficient diets certainly affect your body, but did you realize that they affect your mood and brain chemistry as well? Diets that are heavy in refined grains, sugars, and saturated fats frequently can lead to a deficiency of one of the most fascinating amino acids in the body: L-tryptophan. Diets lacking this important amino acid lead to imbalances that affect mood, ability to sleep, and ability to handle stress. L-tryptophan is also the body's natural aid after too much exercise or occasional monthly discomforts in women, and it helps the body make the transition to new time zones after long flights. Yet even with these important roles, L-tryptophan is lacking in many people because it is the least abundant amino acid in the diet.

Amino Spark

L-tryptophan is the spark that ignites the body's production of 5-HTP and from that, serotonin, a neurotransmitter that controls sleep, memory, learning, the body's temperature, mood, behavior, many sexual responses, cardiovascular functions, and endocrine regulation. L-TRYPTOPHAN is the best alternative for relaxation and improved mood. With the addition of coenzyme B-6, L-TRYPTOPHAN WITH B-6 is the precursor of melatonin, another amazing neurohormone that controls biological rhythms, sexual organ development, pigment metabolism, immune response, metabolism of free radicals, mood, sleep, and cellular differentiation. It is a primary building block of a healthy body. This is the best alternative if you are interested in deep, healthy sleep.

L-tryptophan or 5-HTP?

Even though L-tryptophan and 5-HTP are converted to serotonin, widely known as the body's mood and sleep regulator, there are dif-

ferences in the two. First is that L-tryptophan is an important amino acid that has many functions in the body—for example, it can be converted to niacin, or to the precursor to the kynurenines, a family of biochemicals that help regulate the immune system, if that is what the body needs. These multiple functions cannot be done by 5-HTP. Another difference is that all 5-HTP is converted to serotonin. The body regulates the amount of L-tryptophan that is converted to serotonin based upon the body's needs.

Wellness Revolution

L-tryptophan is an essential amino acid; it is not synthesized by the body, so you must obtain it through diet or supplements. Eat a diet that includes plenty of complex carbohydrates, raw fruits and vegetables, soybeans and soy products, whole grains, seeds, nuts, brown rice, millet, and legumes. It is recommended to avoid alcohol, caffeine, and processed foods and to get plenty of exercise. Supplementing a healthy diet with Source Naturals L-TRYPTOPHAN and L-TRYPTOPHAN WITH B-6 are excellent means of ensuring that you have the required amount of this important amino acid, for a healthy body, for restful sleep, and...to just feel good.

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