Creative Enzymes®

L-Tryptophan

Cat. No. EXTZ-179

Lot. No. (See product label)

Introduction

Description	L-Tryptophan is an essential amino acid that is necessary for making proteins. It is naturally found in red meat, poultry, eggs, and dairy. Tryptophan maintains nitrogen balance and helps produce serotonin. Serotonin helps regulate anxiety, relieve depression, heal wounds and maintain bone health.

Product Information

Form	powder