



The Internal Fitness™ Company

Rest

L-Tryptophan

Supports Emotional
Well-Being*

60 Capsules
Dietary Supplement

Warning: Do not take if taking Antidepressants, MAOI's, Sedative medications, Pain medications such as Meperidine (demerol) or tramadol, or medications with dextromethorphan. Keep out of the reach of children.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Caution: As with any dietary supplement, consult your health care practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, taking any medications on a regular basis or are otherwise under medical supervision.

Storage: Keep tightly closed. Store in a dry place and avoid excessive heat.

Our supplements are produced at an FDA registered, GMP compliant facility and contain no harmful fillers. They are vegetarian and not tested on animals.



Directions for use: For Adults only. Adults take one (1) capsule per day. Best if taken at night on empty stomach.

SUPPLEMENT FACTS

Serving Size: One (1) Capsule
Servings Per Container: 60

Amount Per Serving	% Daily Value
L-Tryptophan	250 mg †

† Daily value not established

Other Ingredients: Cellulose, Microcrystalline Cellulose, Rice Flour, Magnesium Stearate (Vegetable Source)

Formulated To Exclude: Gluten, Wheat, Soy, Dairy or Lactose, Yeast, Corn, Egg, Nuts, Fish, Crustacean Shellfish, GMO, Added Colors, Sugars, Artificial Sweeteners or Preservatives

Manufactured Exclusively For Ixcela, Inc.
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