

## TravaGen

Contains a blend of ingredients important for mood and reducing stress\*

Utilizes L-tryptophan to provide gentler conversion to serotonin compared to 5-HTP\*

Item Number	Available Sizes	Serving Size
20056	120 Tablets	3 Tablets

## Key Ingredients

<b>L-tryptophan</b>	<ul style="list-style-type: none"> <li>An essential amino acid and precursor to serotonin and melatonin*</li> <li>Provides <b>gentler conversion to serotonin</b> compared to 5-hydroxytryptophan (5-HTP) as the rate-limiting step in the synthesis of serotonin is the conversion of L-tryptophan to 5-HTP<sup>1*</sup></li> </ul>
<b>Taurine</b>	<ul style="list-style-type: none"> <li>Neuroprotective amino acid that provides antioxidant protection and demonstrates GABA-A agonist activity<sup>2-4*</sup></li> <li>GABA is the primary inhibitory neurotransmitter in the brain important for <b>calm</b> and <b>sleep</b><sup>5-7</sup></li> </ul>
<b>L-theanine</b>	<ul style="list-style-type: none"> <li>Amino acid that acts as a glutamate receptor antagonist<sup>8*</sup></li> <li>Glutamatergic signaling plays a role in underlying mechanisms related to anxiousness and stress<sup>9</sup></li> <li>In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly <b>reduce stress</b><sup>10*</sup></li> </ul>
<b>Vitamins B and C</b>	<ul style="list-style-type: none"> <li><b>Active forms</b> of vitamin B6, folate, B12, and C are important for serotonin synthesis<sup>11-15*</sup></li> </ul>



### Supplement Facts

Serving Size: 3 Tablets  
Servings Per Container: 40

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg 44%
Niacin (from L-tryptophan)	25 mg NE 156%
Vitamin B6 (as pyridoxal 5'-phosphate)	9 mg 529%
Folate (as L-5-methyltetrahydrofolate, calcium salt†)	360 mcg DFE 90%
Vitamin B12 (as methylcobalamin)	30 mcg 1250%
Calcium (from dicalcium phosphate)	75 mg 6%
Phosphorus (from dicalcium phosphate)	60 mg 5%
Zinc (from zinc bisglycinate chelate)	6 mg 55%
Selenium (from L-selenomethionine)	7 mcg 13%

Proprietary Blend  
L-tryptophan, L-taurine, and L-theanine.

† Daily Value not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, magnesium stearate (vegetable capsule), silica, and glycerin.

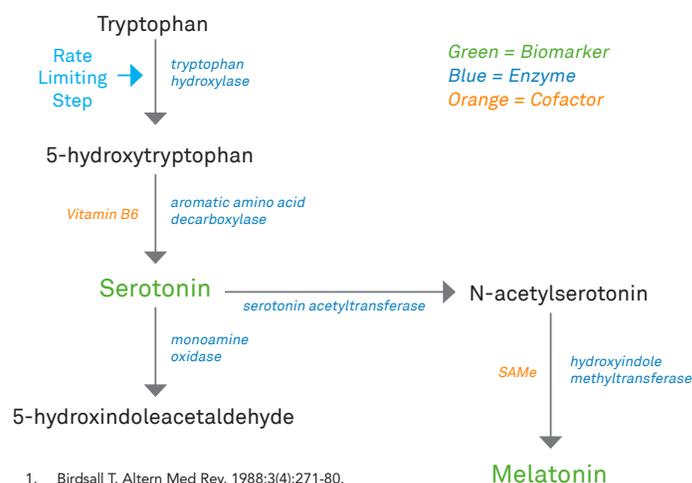
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## The Science

- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems<sup>16</sup>
- Serotonin is important for regulating **mood** and **sleep-wake function**<sup>17</sup>

## Serotonin Pathway

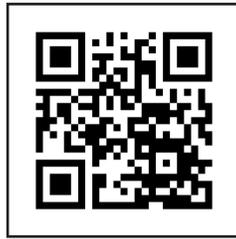


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‡‡ Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.

\*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.

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