

TravaGen

Contains a blend of ingredients important for mood and reducing stress to feel balanced*

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

Item Number	Available Sizes	Serving Size
20056	120 Tablets	3 Tablets



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.	1.95 g	†

† Daily Value not established.

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

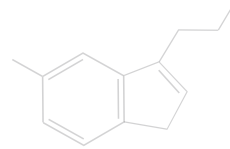
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Oscoda, WI 54020
+1-888-342-7272
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Key Ingredients

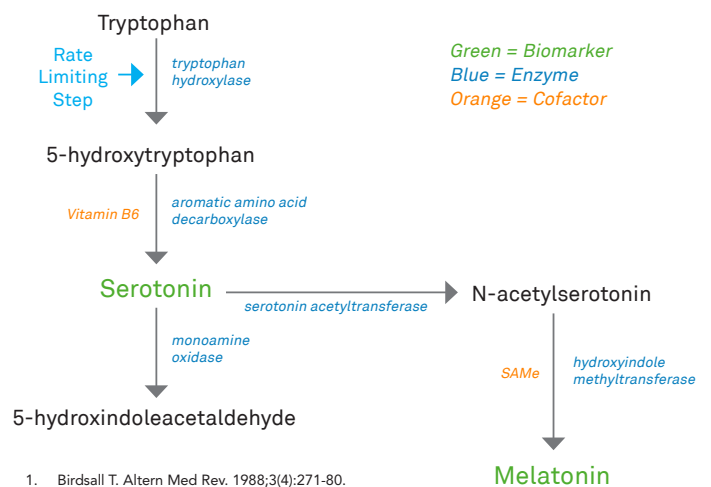
L-tryptophan	<ul style="list-style-type: none"> An essential amino acid and precursor to serotonin and melatonin* Provides gentler conversion to serotonin compared to 5-hydroxytryptophan (5-HTP) as the rate-limiting step in the synthesis of serotonin is the conversion of L-tryptophan to 5-HTP^{1*}
Taurine	<ul style="list-style-type: none"> Neuroprotective amino acid that provides antioxidant protections and demonstrates healthy GABA-A agonist activity^{2,4*} GABA is the primary inhibitory neurotransmitter in the brain important for calm and sleep⁵⁻⁷
L-theanine	<ul style="list-style-type: none"> Amino acid that acts as a glutamate receptor antagonist for balanced activity^{8*} Glutamatergic signaling plays a role in underlying mechanisms related to anxiousness and stress⁹ Data shows L-theanine reduces feelings of stress, supporting balance^{10*}
Vitamins B and C	<ul style="list-style-type: none"> Active forms of vitamin B6, folate, B12, and C are important for serotonin synthesis^{11-15*}

The Science



- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems¹⁶
- Serotonin is important for regulating mood and a balanced sleep-wake function¹⁷

Serotonin Pathway

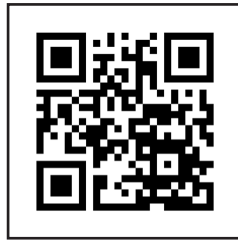


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†† Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.

*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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