

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

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 protection and demonstrates 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^{8*} Glutamatergic signaling plays a role in underlying mechanisms related to anxiousness and stress⁹ In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly reduce stress^{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*}

‡This product uses Gnosis S.p.A's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis S.p.A., Milan, Italy.



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.

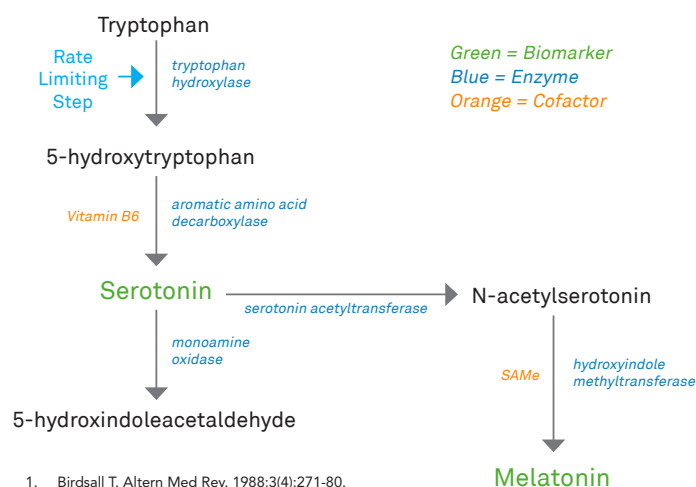
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The Science

- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems¹⁶
- Serotonin is important for regulating **mood** and **sleep-wake function**¹⁷

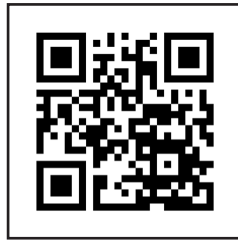
Serotonin Pathway



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*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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