

L-Tryptophan for restful sleep and pain relief

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L-tryptophan is an essential amino acid that is found naturally in meats, dairy, soybeans and peanuts. L-tryptophan is converted in the body to serotonin. Low levels of serotonin have been associated with depression, anxiety, increased sensitivity to pain and insomnia

L-tryptophan has been studied extensively because of past issues and possible link to eosinophilia-myalgia syndrome (EMS). Because of this risk, the FDA banned the public sale of L-tryptophan in 1989. This ban has been modified after many studies showed its safety when used in a pure form.

There are many scientific citations that document the relationship between L-tryptophan and sleep and pain relief. Some of those papers are cited below:

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