

# L-Tryptophan

INCI Name: Tryptophan

CAS Numbers: 73-22-3

## Description:

In humans, tryptophan is an essential amino acid. This means that it is essential for human life, cannot be synthesized by the organism, and therefore must be part of our diet. Amino acids, including tryptophan, act as building blocks in protein biosynthesis. After absorbing L-tryptophan from food, the body converts it to 5-HTP (5-hydroxytryptophan), and then to serotonin. Serotonin is a hormone that transmits signals between nerve cells. It also causes blood vessels to narrow. Changes in the level of serotonin in the brain can alter mood.



## Technical Data:

ITEMS	STANDARD
DESCRIPTION	WHITE TO SLIGHTLY YELLOWISH-WHITE CRYSTALS OR CRYSTALLINE POWDER
SPECIFIC ROTATION $[\alpha]_{20D}$	-29.4°~-32.8°
CHLORIDE	≤0.05%
IRON	≤30PPM
SULPHATE	≤0.03%
HEAVY METALS	≤15PPM
LOSS ON DRYING	≤0.3%
RESIDUE ON IGNITION	≤0.10%
ORGANIC VOLATILE IMPURITIES	MEETS THE REQUIREMENT
ASSAY	98.5%-101.5%
PH	5.5-7.0
TOTAL PLATE COUNT	≤10,000cfu/g
YEAST AND MOULDS	≤100cfu/g
TOTAL COLIFORM	≤10cfu/g
ESCHERICHIA COLI	ABSENT
STAPHYLOCOCCUS AUREUS	ABSENT
SALMOENLLA SPECIES	ABSENT

## Applications:

L-tryptophan is used for insomnia, sleep apnea, depression, anxiety, facial pain, a severe form of premenstrual syndrome called premenstrual dysphoric disorder (PMDD), smoking cessation, grinding teeth during sleep (bruxism), attention deficit-hyperactivity disorder (ADHD), Tourette's syndrome, and to improve athletic performance.



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