

Product Information Sheet



Brain & Nervous System Support

Somnolin®

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5-HTP, Theanine, & Targeted B Vitamin Formula

Somnolin features a complementary blend of nutrients, including 5-HTP, theanine, and targeted B vitamins, to support restful sleep and harmony.

Ingredients:

Each tablet typically contains:

L-5-Hydroxytryptophan (L-5-HTP)	100 mg
L-theanine	100 mg
Vitamin B6 (as pyridoxine HCl)	20 mg
Vitamin B12 (as methylcobalamin)	250 µg
Folate (as L-5-methyl tetrahydrofolate**)	200 µg

**As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904

Tableted with:

Microcrystalline cellulose
Cellulose
Stearic acid
Croscarmellose sodium
Silica

Features:

Supports healthy neurological function.

5-HTP is the immediate amino acid precursor to serotonin. Serotonin may be converted to melatonin, important in regulating the sleep-wake cycle.

Provides an all-natural source of 5-HTP from the herb Griffonia simplicifolia.

Provides 100mg of l-theanine per tablet, an amino acid commonly found in tea.

Supplies a highly concentrated dose in just one tablet.

Recommendation:

2 tablets daily, or as directed. May be taken during the day and/or one hour before bedtime.

Caution:

Not recommended for those under 18 years of age. Safety has not been established during pregnancy or whilst breastfeeding. Consult with a medical doctor if taking antidepressant medication. Use with caution when driving or operating machinery, may cause drowsiness.

Product Code:

44125

Package Size:

30