

# Somno-Pro™

## L-Theanine · 5-HTP · Melatonin

### Tropical Breeze

#### Product Summary

L-Theanine, 5-Hydroxytryptophan (5-HTP), and melatonin have all been shown to independently improve sleep quality and quantity, and/or lessen anxiety. L-Theanine is an amino acid found almost exclusively in tea, which influences the central nervous system through a number of mechanisms, primarily by influencing levels of the neurotransmitters dopamine, gamma-aminobutyric acid (GABA), serotonin, norepinephrine, and glutamate. These effects cause a significant increase in alpha brain wave activity, indicative of a state of wakeful relaxation, increased performance under stress, improved learning and concentration, as well as decreased anxiety.

5-HTP is the intermediary between L-tryptophan and serotonin, a key neurotransmitter associated with sleep, mood, and anxiety. 5-HTP bypasses the rate-limiting enzyme tryptophan hydroxylase, which normally limits the conversion of tryptophan to serotonin. Melatonin is also closely related, and is formed by conversion of serotonin in the pineal gland. Known to regulate many biological rhythms, including the circadian cycle, melatonin has shown clinical benefit for inducing sleep or adjusting sleep cycles. Randomized trials have found it to reduce sleep onset latency and improve perceived quality of sleep, without impairing daytime psychomotor performance.

#### Unique Features

- Addresses every facet of insomnia: difficulty initiating sleep, difficulty maintaining sleep, waking too early in the morning, and waking groggy
- Safe, without the side effects of prescription or over-the-counter (OTC) medications
- Chewable tablets are convenient and fast-acting
- Delicious tropical fruit-flavored chewable

#### Somno-Pro™

L-Theanine · 5-HTP ·  
Melatonin

90 chewable tablets

Code: 9281



Actual size: 19.16 mm diameter

Feature: Delicious, fast-acting chewable

## Supplement Facts

Serving Size: 2 tablets

Servings per Container: 45

### 2 Tablets Provide:

Calories .....	15
Total Carbohydrate .....	3.5 g
Sugars .....	3 g
Suntheanine® L-Theanine .....	200 mg
5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> ) (seed) .....	30 mg
Melatonin.....	3 mg

**Other Ingredients:** Organic cane juice, stearic acid, xylitol, natural flavours (pineapple, banana, pomegranate, mango, passion fruit, peach), citric acid, magnesium stearate (vegetable grade).

*Contains no artificial preservatives, colours or sweeteners and no dairy, soy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.*

**Suggested Usage:** Chew 2 tablets, 30–45 minutes before bedtime or as directed by a health care professional.

**Contraindication:** While no specific contraindication exists or is predicted, data is lacking for use during pregnancy, lactation, and in children, and the dosage may need to be reduced for those less than 18.

**Drug Interactions:** L-Theanine is known to have a hypotensive effect in some individuals, and concomitant use of anti-hypertensive drugs may potentiate their activity.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world’s highest standards for natural products.



Recyclable container

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