

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,¹ which influences the central nervous system through a number of mechanisms, primarily by influencing levels of the neurotransmitters dopamine,² gamma-aminobutyric acid (GABA),^{3,4} serotonin,^{5,6} norepinephrine⁶ and glutamate.^{7,8} 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.^{1,9}

5-HTP is the intermediary between L-tryptophan and serotonin, a key neurotransmitter associated with sleep, mood and anxiety.¹⁰⁻¹² 5-HTP bypasses the rate-limiting enzyme tryptophan hydroxylase, which normally limits the conversion of tryptophan to serotonin.¹³

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.¹⁴ Randomized trials have found it to reduce sleep onset latency and improve perceived quality of sleep, without impairing daytime psychomotor performance.^{15,16}

Unique Features

- Addresses every facet of insomnia: difficulty initiating sleep, difficulty maintaining sleep, waking too early in the morning and waking groggy
- Reduces anxiety and nervous system excitation, which can inhibit sleep
- Safe without the side effects of prescription or over-the-counter (OTC) medications
- Convenient and fast acting
- Delicious tropical fruit flavoured chewable

Somno-Pro™

L-Theanine · 5-HTP ·
Melatonin

90 chewable tablets

Code: 9281

NPN: 80028439



Actual size: 19.16 mm diameter

Feature: Delicious, fast acting chewable

Supplement Facts

Serving Size: 2 chewable tablets

Servings per Container: 45

Each Tablet Contains:

Suntheanine® L-Theanine	100 mg
L-5-Hydroxytryptophan (5-HTP) (<i>Griffonia simplicifolia</i>) (seed)	15 mg
Melatonin	1.5 mg

Non-medicinal Ingredients: Organic cane juice, stearic acid, xylitol, silica, natural flavours (pineapple, banana, pomegranate, mango, passion fruit, peach), citric acid, vegetable grade magnesium stearate (lubricant).

Contains no artificial preservatives, colours or sweeteners and no corn, dairy, starch, or wheat. Sealed for your protection.

Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: Chew 2 tablets 30–45 minutes before bedtime or as directed by a health care professional.

Keep out of the reach of children.

Contraindications: 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. Consult a health care professional prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension¹⁷ or if you have scleroderma.^{18,19} Do not drive or use machinery for 5 hours after taking melatonin.²⁰

Drug Interactions: L-Theanine is known to have a hypotensive effect in some individuals, and concomitant use of antihypertensive drugs may potentiate their activity.²¹ Consult a health care professional prior to use if you are taking carbidoa or drugs/supplements with serotonergic activity.²² These may include, but are not limited to L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over-the-counter cough and cold medication containing dextromethorphan, antinausea medication and antimigraine medication. If symptoms worsen or persist for more than 3 weeks (chronic insomnia), consult a health care professional. Some people may experience diarrhea, nausea, vomiting and abdominal pain.^{23,24} Discontinue use if you show signs of weakness, oral ulcers, skin changes or abdominal pain accompanied by severe muscle pain.²² Do not use if you are taking blood pressure, immunosuppressive or sedative/hypnotic medication.¹⁷

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· 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.



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