



Somno-Pro®

L-Theanine • 5-HTP • Melatonin

- Helps support a restful, relaxed state necessary to maintain normal sleep patterns*
- Helps maintain sleep quality and quantity*
- Helps maintain healthy rising times without grogginess*
- Offers Suntheanine®, produced via a patented enzymatic process resulting in pure L-isomer theanine

Code: 9287

Size: 90 Enteric Coated Softgels

Actual Size: 18.77mm x 7.77 mm



PRODUCT SUMMARY

L-theanine, 5-hydroxytryptophan (5-HTP), and melatonin may each help support relaxation and maintain sleep quality and quantity.* L-theanine is an amino acid found almost exclusively in tea,¹ and may help support central nervous system function.* L-theanine may also help maintain levels of neurotransmitters dopamine,² gamma-aminobutyric acid (GABA),^{3,4} serotonin,^{5,6} norepinephrine,⁶ and glutamate^{7,8} that are already within the normal range.* Balanced neurotransmitters help support alpha brain wave activity, indicative of a state of wakeful relaxation, which may help maintain performance under stress, support learning and concentration, and maintain a calm mood.*^{1,9}

5-HTP is the intermediary between L-tryptophan and serotonin, a key neurotransmitter associated with sleep, mood, and calm.*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 converting serotonin in the pineal gland when in low light conditions. Melatonin may help support biological rhythms, including the circadian rhythm, helping maintain healthy sleep cycles without impairing daytime psychomotor performance.*¹⁴⁻¹⁶



Supplement Facts

Serving Size 2 Softgels
Servings Per Container 45

	Amount Per Serving	% Daily Value
Suntheanine® L-Theanine	200 mg	**
5-Hydroxytryptophan (5-HTP) (<i>Griffonia simplicifolia</i>) (seed)	30 mg	**
Melatonin	3 mg	**

** Daily Value not established.

Other ingredients: Softgel (gelatin, glycerin, purified water), organic flaxseed oil, yellow beeswax, non-GMO sunflower lecithin, enteric coating (purified water, ethyl cellulose, medium chain triglycerides [coconut], oleic acid, sodium alginate, stearic acid).

Serving Size: 2 softgels

Servings per Container: 45

Suggested Usage: 2 softgels per day, 30–45 minutes before bedtime, or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication or supplements with serotonergic activity (specifically those with SSRIs, MOAs, or depressant/sedative affects), have a medical condition, or anticipate surgery. Keep out of reach of children.

Contraindications: Discontinue use if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain, or if you experience skin changes. Do not use if you are taking blood pressure, immunosuppressive, sedative/hypnotic medication, or if you are pregnant, breastfeeding, or have scleroderma. Some people may experience drowsiness. Do not drive or operate heavy machinery for 5 hours after using this product. Exercise caution if involved in activities requiring mental alertness.

Drug Interactions: L-theanine may alter blood pressure levels in some individuals, and concomitant use with antihypertensive drugs may potentiate their effect.¹⁷

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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