

Somno-Pro® – Restful Sleep

About Somno-Pro

- Somno-Pro offers a combination of natural source ingredients L-theanine, melatonin, and 5-hydroxytryptophan (5-HTP).
- L-theanine may help support a calm and relaxed state of mind before falling asleep.*¹
- Melatonin may help maintain ease of falling asleep and may help support a deeper-quality sleep.*²
- 5-HTP helps maintain normal restorative REM (rapid eye movement) sleep, which may help with learning and memory.*³
- This combination may help support the ability to fall asleep and sleep soundly during the night and help the body relax.*
- Somno-Pro may help support a mood of relaxed serenity, which may help maintain healthier sleep patterns.*^{4,5,6}
- Does not result in waking up feeling groggy.

How to Use Somno-Pro

Somno-Pro Chewable Tablets

- Chew 2 tablets 30–45 minutes before bedtime or as directed by a health care professional.

Somno-Pro Enteric Coated Softgels

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

Cautions and Contraindications

- 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 affect), have a medical condition, or anticipate surgery. Keep out of reach of children.
- Do not drive or use machinery for 5 hours after taking melatonin.⁷

Drug Interactions

- If symptoms worsen or persist for more than three weeks, consult a health care professional. Discontinue use if you show signs of weakness, oral ulcers, skin changes, or abdominal pain accompanied by severe muscle pain. Some people may experience diarrhea, nausea, vomiting, and abdominal pain.⁹

Quick Tips for Optimal Health

- Intense aerobic exercise (using the treadmill, walking, or stationary bike) for 30 to 40 minutes per day, four days per week (plus good sleep hygiene), may help improve overall sleep quality.¹⁰
- Lavender aromatherapy (20 minutes twice per week in a diffuser) may help with general feelings of relaxation.¹¹
- Practice good sleep habits. According to the National Sleep Foundation:¹²
 - Avoid taking a nap during the day.
 - Stay away from stimulants such as caffeine after noon and nicotine after 8:00 pm.
 - Allow one hour per ounce of alcohol before going to bed.
 - Establish a regular and relaxing bedtime routine.
 - Associate your bed with sleep. Do not use your bed to watch television, listen to the radio, or check your phone or computer.

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

References

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