



## Somno-Pro®

Helps Reset the Sleep-Wake Cycle  
Increases Total Sleep Time

- Addresses every facet of insomnia: difficulty initiating sleep, difficulty maintaining sleep, waking too early in the morning, and waking groggy
- Reduces nervous system excitation, which can inhibit sleep
- Contains Suntheanine®, the most clinically studied L-theanine
- Enteric coated

**Code:** 9287 **NPN:** 80040023  
**Size:** 90 Enteric Coated Softgels  
**Actual Size:** 18.77 x 7.77 mm



### 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,<sup>1</sup> which influences the central nervous system through a number of mechanisms, primarily by influencing levels of the neurotransmitters dopamine,<sup>2</sup> gamma-aminobutyric acid (GABA),<sup>3,4</sup> serotonin,<sup>5,6</sup> norepinephrine<sup>6</sup> and glutamate.<sup>7,8</sup> 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.<sup>1,9</sup>

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

Melatonin is also closely related, and is formed by conversion of serotonin in the pineal gland when in low light conditions. Known to regulate many biological rhythms, including the circadian cycle, melatonin has shown clinical benefit for inducing sleep or adjusting sleep cycles.<sup>14</sup> Randomized trials have found it to reduce sleep onset latency and improve perceived quality of sleep, without impairing daytime psychomotor performance.<sup>15,16</sup>



**To Place Your Order Email:** [customercare@assurednatural.com](mailto:customercare@assurednatural.com)  
**Call:** 1-888-826-9625 • **Fax:** 1-844-384-7503



## SOMNO-PRO®

HELPS RESET THE SLEEP-WAKE CYCLE · INCREASES TOTAL SLEEP TIME

**Serving Size:** 2 Softgels

**Servings per Container:** 45

### Each Softgel Contains:

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

**Non-medicinal Ingredients:** Softgel (gelatin, glycerin, purified water), organic flaxseed oil, yellow beeswax, non-GMO sunflower lecithin, enteric coating (purified water, ethylcellulose, medium chain triglycerides, oleic acid, sodium alginate, stearic acid).

**Recommended Adult Dose:** 2 softgels per day, 30–45 minutes prior to bedtime, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks. Do not take on an empty stomach.

**Recommended Use:** Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps relieve the daytime fatigue associated with jet lag and reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle, an aspect of the circadian cycle, and temporarily promotes relaxation.

**Caution:** Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension. Consult a health care practitioner prior to use if you are taking carbidopa or drugs/supplements with serotonergic activity. 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, anti-nausea medication and anti-migraine medication. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia), or if symptoms persist or worsen. Some people may experience diarrhea, nausea, vomiting and abdominal pain. Discontinue use if you show signs of weakness, oral ulcers, skin changes or abdominal pain accompanied by severe muscle pain. Do not use if you are taking blood pressure, immunosuppressive or sedative/hypnotic medication or if you are pregnant or breastfeeding or have scleroderma. Some people may experience drowsiness. Exercise caution if you are involved in activities requiring mental alertness. Do not drive or use machinery for 5 hours after taking this product. 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 or 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 is known to have a hypotensive effect in some individuals, and concomitant use of antihypertensive drugs may potentiate their activity.<sup>17</sup>

**Contains no artificial colours, 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.



· 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.



PRODUCT OF CANADA  
Bioclinic Naturals® Canada  
Burnaby, BC V3N 4T6  
bioclinicnaturals.com

FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

© All Rights Reserved Bioclinic Naturals® 2019. October 17, 2019. 50263

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167<sup>th</sup> Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-844-384-7503 · Email [customercare@assurednatural.com](mailto:customercare@assurednatural.com)

## References

1. Juneja, L.R., Chu, D.C., Okubo, T., et al. (1999). L-Theanine – a unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science & Technology*, 10(2), 199-204.
2. Yokogoshi, H., Kobayashi, M., Mochizuki, M., et al. (1998). Effect of theanine, r-glutamylethylamide, on brain monoamines and striatal dopamine release in conscious rats. *Neurochem Res*, 23(5), 667-73.
3. Kimura, R., Murata, T. (1971). Influence of alkylamides of glutamic acid and related compounds on the central nervous system. I. Central depressant effect of theanine. *Chem Pharm Bull*, (Tokyo), 19(6), 1257-61.
4. *Alternative Medicine Review*. Gamma-Aminobutyric Acid (GABA), Monograph. (2007). *Altern Med Rev*, 12(3), 274-9.
5. Yokogoshi, H., Mochizuki, M., Saitoh, K. (1998). Theanine-induced reduction of brain serotonin concentration in rats. *Biosci Biotechnol Biochem*, 62(4), 816-7.
6. Kimura, R., Murata, T. (1986). Effect of theanine on norepinephrine and serotonin levels in rat brain. *Chem Pharm Bull* (Tokyo), 34(7), 3053-7.
7. Kakuda T. (2002). Neuroprotective effects of green tea components theanine and catechins. *Biol Pharm Bull*, 25(12), 1513-8.
8. Kimura, K., Ozeki, M., Juneja, L.R., et al. (2007). L-theanine reduces psychological and physiological stress responses. *Biol Psychol*, 74(1), 39-45.
9. Nobre, A.C., Rao, A., Owen, G.N. (2008). L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pac J Clin Nutr*, 17 Suppl, 167-8.
10. Birdsall, T.C. (1998). 5-Hydroxytryptophan: a clinically effective serotonin precursor. *Altern Med Rev*, 3(4), 271-80.
11. Wyatt, R.J., Zarcone, V., Engelman, K., et al. Effects of 5-hydroxytryptophan on the sleep of normal human subjects. *Electroencephalogr Clin Neurophysiol*, 30(6), 505-9.
12. Soulaïrac, A., Lambinet, H. (1998). Clinical studies of the effect of the serotonin precursor, L-5-Hydroxytryptophan, on sleep disorders. *Schweiz Rundsch Med Prax*, 77(34A), 19-23.
13. Shaw, K., Turner, J., Del Mar, C. (2002). Tryptophan and 5-hydroxytryptophan for depression. *Cochrane Database Syst Rev*, (1), CD003198.
14. Kunz, D., Mahlberg, R., Muller, C., et al. (2004). Melatonin in patients with reduced REM sleep duration: two randomized controlled trials. *J Clin Endocrinol Metab*, 89(1), 128-34.
15. Wade, A.G., Ford, I., Crawford, G., et al. (2007). Efficacy of prolonged release melatonin in insomnia patients aged 55–80 years: quality of sleep and next day alertness outcomes. *Curr Med Res Opin*, 23(10), 2597-605.
16. Wade, A.G., Ford, I., Crawford, G., et al. (2010). Nightly treatment of primary insomnia with prolonged release melatonin for 6 months: a randomized placebo controlled trial on age and endogenous melatonin as predictors of efficacy and safety. *BMC Med*, 8, 51.
17. Yokogoshi, H., Kobayashi, M. (1998). Hypotensive effect of gamma-glutamylmethylamide in spontaneously hypertensive rats. *Life Sci*, 62(12), 1065-8.



· 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.



PRODUCT OF CANADA  
 Bioclinic Naturals® Canada  
 Burnaby, BC V3N 4T6  
 bioclinicnaturals.com

FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

© All Rights Reserved Bioclinic Naturals® 2019. October 17, 2019. 50263

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167<sup>th</sup> Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-844-384-7503 · Email customercare@assurednatural.com