



# Somno-Pro®

L-Theanine · 5-HTP · Melatonin  
Tropical Breeze

- Addresses every facet of insomnia: difficulty initiating sleep, difficulty maintaining sleep, waking up too early in the morning and waking up groggy
- Reduces nervous system excitation, which can inhibit sleep
- Contains Suntheanine®, the most clinically studied L-theanine
- Delicious tropical fruit-flavoured chewable tablets

**Code:** 9281 **NPN:** 80028439  
**Size:** 90 Chewable Tablets  
**Actual Size:** 19.16 mm diameter



## 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 benefits 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>



# SOMNO-PRO®

L-THEANINE · 5-HTP · MELATONIN · TROPICAL BREEZE

**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).

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

**Recommended Use:** Somno-Pro™ helps balance the internal sleep-wake systems in our brains and supports healthy nervous system function. Promotes a restful, relaxed state and relieves occasional sleeplessness. Wake up feeling refreshed and energized – without the groggy or hangover feeling.

**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 antimigraine medication. If symptoms worsen or persist for more than 3 weeks (chronic insomnia), consult a health care practitioner. 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. Do not drive or use machinery for 5 hours after taking melatonin. 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 is known to have a hypotensive effect in some individuals, and concomitant use of anti-hypertensive drugs may potentiate their activity.<sup>17</sup>

**Contains no artificial preservatives, colours or sweeteners and no dairy, soy, wheat, gluten or yeast.** 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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