



INSOMNITOL CHEWABLES™

NATURAL PROMOTION OF QUALITY SLEEP IN A CHEWABLE TABLET

60 CHEWABLE TABLETS | NPN80077655 | INSC60-CN

Insomnitol™ Chewables are great-tasting, lemon-flavoured tablets formulated to support quality sleep and relaxation. This product is ideal for those experiencing difficulty getting to sleep, or staying asleep through the night.

BENEFITS:

- Used as a sleep aid and helps temporarily promote relaxation
- Provides a natural sedative effect without causing drowsiness upon awakening

HIGHLIGHTS

Melatonin – A multifunctional hormone whose main role lies in its involvement in the control of the circadian (day/night) biological rhythms. Melatonin mediates the body’s response to variations of natural light availability from indoor/outdoor exposure or due to seasons (winter/ summer). The visual perception of darkness tells the brain to make melatonin so the body can prepare for sleep mode. Its production should peak at night and it is instrumental for maintaining quality sleep patterns. Melatonin production declines significantly with age, often causing sleep difficulties associated with aging. Supplemental melatonin was shown in studies to help with falling asleep when taken about 30 minutes before the desired sleep time.

5-HTP (5-Hydroxytryptophan) – Works in conjunction with melatonin, as a precursor to the neurotransmitter serotonin, which can further support endogenous melatonin production during the night to help with staying asleep.

Vitamin B6 – When using 5-HTP to support natural serotonin and melatonin production to promote healthy mood and sleep, the addition of pyridoxal-5-phosphate, an activated form of vitamin B6, helps to catalyze the conversion of 5-HTP to serotonin (5-HT).

Inositol – A member of the B vitamin family; supports overall relaxation and helps maintain the proper metabolism of serotonin

L-Theanine – Offers support of calming neurotransmitter production; research has shown the potential to help reduce stress and improve the quality of sleep

Medicinal Ingredients (per tablet):

Inositol.....	250 mg
L-Theanine.....	100 mg
L-5-HTP (L-5-Hydroxytryptophan, 5-HTP).....	50 mg
Vitamin B6 (Pyridoxal 5'-phosphate).....	.5 mg
Melatonin (N-Acetyl-5-methoxytryptamine).....	1.5 mg

Non-Medicinal Ingredients: Xylitol, d-mannitol, cellulose, magnesium stearate (vegetable source), natural lemon flavour, citric acid, monk fruit extract. **Recommended Dose:** Adults: Take 2 chewable tablets once a day, 30 - 45 minutes before bedtime. Do not drive or use machinery for 5 hours after taking melatonin. For use beyond 4 weeks, consult a health care practitioner.

CONDITIONS FOR WHICH MELATONIN IS NOT RECOMMENDED:

- Autoimmune conditions, including lupus and rheumatoid arthritis, because the immune stimulatory effect of melatonin may exacerbate the action of certain types of lymphocytes or B-cells involved in the pathogenic course of these diseases
- Immune-related cancers such as lymphoma and leukemia
- Pregnancy, lactation or during times when fertility is desired
- See label for full risk information

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REFERENCES

For a list of references cited in this document, please visit: http://catalog.designsforhealth.com/assets/itemresources/Insomnitol_Cheawables_References.pdf



INSOMNITOL CHEWABLES™

NATURAL PROMOTION OF QUALITY SLEEP IN A GREAT TASTING CHEWABLE TABLET
60 CHEWABLE TABLETS | NPN80077655 | INSC60-CN

Insomnitol™ Chewables are great tasting, lemon-flavoured tablets formulated to support quality sleep and to promote relaxation and calm. This product is ideal for individuals who occasionally have difficulty getting to sleep or staying asleep through the night, and for those who prefer not to swallow pills. It is non-habit forming and will not result in next-day drowsiness.

Sleep is a critical but often overlooked part of health and wellbeing. The body requires a sufficient quantity and high quality of sleep for optimal physical, mental, and cognitive performance during the day. However, the stresses of fast-paced modern life can occasionally make it difficult to fall asleep or to stay solidly asleep during the night. It's paramount to support healthy sleep because proper sleep does more than just contribute to better energy and alertness; it influences the immune system, hormone balance, mental and emotional outlook, overall metabolism, and even plays a role in insulin sensitivity and carbohydrate tolerance.

BENEFITS OF A GOOD NIGHT'S SLEEP:

- Supports a healthy immune system
- Supports proper cardiovascular function
- Supports a clear mind and sharp focus for better memory and learning
- Promotes healthy levels of growth hormones
- Promotes healthy carbohydrate metabolism and supports insulin sensitivity
- Encourages proper reflexes, reactions and judgments

HIGHLIGHTS

Melatonin: a multifunctional hormone whose main role is to help regulate sleep by controlling the body's 24-hour day/night biological clock, a.k.a. 'circadian rhythm'

5-HTP: a precursor to serotonin, which helps regulate mood and sleep; also supports further melatonin production during the night to help with staying asleep

Vitamin B6: an essential nutrient for the conversion of 5-HTP and melatonin to serotonin

Inositol: promotes overall relaxation and helps maintain the proper metabolism of serotonin; may aid in attaining a restful night's sleep

L-Theanine: an amino acid that helps promote calm and may improve sleep quality

Recommended Dose: Adults: Take 2 chewable tablets once a day, 30 - 45 minutes before bedtime. **Note:** If using a prescription drug, consult your health care practitioner prior to using this product. Do not take this product if you are pregnant, lactating or planning to become pregnant, suffer from an autoimmune disease, depression, diabetes, or any endocrine disorders. Do not use this product while operating a motorized vehicle or heavy machinery.

Consult with your healthcare practitioner about your specific circumstances and any questions you may have.