

# Insomnitol™ Chewables

Natural promotion of quality sleep in a chewable tablet

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

## 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)** – Can be used 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 for enhancing 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; clinically proven to reduce stress and improve the quality of sleep

**How to Use:** Chew two tablets per day, 30-60 minutes before bedtime.

## 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

## Interactions with drug therapy

Melatonin and 5-HTP may not be suitable for administration along with selective serotonin reuptake inhibitor (SSRI) and monoamine oxidase inhibitor (MAOI) medications, and corticosteroid therapy. This should be taken into consideration before recommending Insomnitol™ Chewables with these medication classes.

## References

1. L-Theanine reduces psychological and physiological stress responses. Kimura K, Ozeki M, Juneja L, Ohira H (2007). *Biol Psychol* 74 (1): 39–45.
2. Sleep-inducing effects of low doses of melatonin ingested in the evening. Zhadanova IV, Wurtman RJ, Lynch HJ, et al. *Clin Pharmacol Ther* 1995;57:552-
3. The role of melatonin and circadian phase in age-related sleep maintenance insomnia: assessment in a clinical trial of melatonin replacement. Hughes RJ, Sack RL, Lewy AJ. *Sleep* 1998;21:52-68.
4. A double-blind trial of melatonin as a treatment for jet lag in international cabin crew. Petrie K, Dawson AG, Thompson L, et al. *Biol Psychiatry* 1993;33:526-30.
5. *Textbook of Natural Medicine* (2nd Ed.). Pizzorno JE, Murray MT. Churchill Livingstone, New York, 1999.
6. *Complimentary & Alternative Medicines: Professional's Handbook*. Fetrow CW, Avila JR.. Springhouse, Springhouse, PA, 1999.
7. *Pharmacognosy and Pharmacobiotechnology*. Robbers JE, Speedie MK, Tyler VE. Williams & Wilkins, Baltimore, 1996.
8. *PDR for Nutritional Supplements, 1st Ed. Medical Economics/Thompson Healthcare, 2001.*

## Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg	500%
Inositol	500 mg	*
L-Theanine	200 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Melatonin	3 mg	*

\*Daily Value not established.

**Other Ingredients:** Xylitol, mannitol, cellulose, vegetable stearate, natural lemon flavor, citric acid, luo han guo.



## Insomnitol™ Chewables may:

- Serve as a sleep aid and general relaxant without causing sleep hangover
- Provide a natural sedative effect without causing drowsiness upon awakening
- Reduce generalized anxiety symptoms
- Improve pain tolerance in chronic pain syndromes, increasing the ability to sleep through the night