

# Insomnitol™

HELPS TO REDUCE THE TIME IT TAKES TO FALL ASLEEP  
60 VEGETARIAN CAPSULES | NPN80051334 | INSM60-CN



NEUROLOGICAL HEALTH



Insomnitol™ is a blend of botanicals, nutrients, and neurotransmitter precursors formulated to help support quality, restful sleep. By providing nutritional support for calm brain activity, Insomnitol™ helps promote the body's natural ability to fall asleep and stay asleep. Key ingredients include botanicals that support nervous system function, PharmaGABA® (a proprietary form of gamma-aminobutyric acid [GABA]), L-theanine, melatonin, 5-hydroxytryptophan (5-HTP), and pyridoxal-5-phosphate (the activated form of vitamin B6).

The body requires sufficient high-quality sleep for optimal physical, mental, and cognitive performance during the day. Sleep patterns influence many aspects of health, such as energy, cognitive function, immune function, hormone balance, metabolism, and mental and emotional outlook.

Insomnitol™ promotes quality, restful sleep to support overall health. Melatonin is a multifunctional hormone that regulates the body's natural sleep-wake cycle or circadian rhythm. L-theanine is a unique amino acid most commonly found in tea that helps promote a healthy stress response and brain relaxation. The use of 5-hydroxytryptophan (5-HTP) is an important precursor to serotonin and melatonin. Gamma-aminobutyric acid (GABA) is the body's primary inhibitory neurotransmitter, which means it supports a calming of the nervous system. Vitamin B6 is necessary for the production of melatonin and serotonin to support healthy sleep. Valerian, passionflower, lemon balm, and chamomile are calming herbs that support relaxation.

## Benefits

- Supports quality sleep
- Promotes calm of brain activity

## Recommended Dose

Adults 18 years and older: Take 2 capsules per day 30-45 minutes before bedtime, or as directed by your health care practitioner. Do not drive or use machinery for 5 hours after taking melatonin. For use beyond 4 weeks, consult a health care practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

## Highlights

Each 2-capsule serving contains the following:

- 3 mg of melatonin to support a normal circadian rhythm
- 100 mg of GABA (as PharmaGABA®) to support calm brain activity
- 100 mg of L-theanine to promote relaxation
- 100 mg of 5-HTP to promote serotonin and melatonin production
- 10 mg of vitamin B6 as pyridoxal-5-phosphate for enhanced bioavailability
- 400 mg of valerian root extract to support restful sleep
- 200 mg each of passionflower, lemon balm, and chamomile extracts with targeted amounts of bioactive constituents

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Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.  
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