

# Insomnitol™

Calming Herbs, Melatonin, 5-HTP + L-Theanine



SLEEP SUPPORT\*



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 Use

Take 2 capsules per day 30 to 60 minutes before bedtime or as directed by your health-care practitioner.

**Warning:** Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAOI) medications.

PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd.

## 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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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

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

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.