



Insomnitol™ Chewables

Promotes Quality, Restful Sleep*



SLEEP SUPPORT*



Insomnitol™ Chewables are great-tasting, lemon-flavored tablets formulated to support restful sleep and promote the calming of brain activity.* This product features melatonin, a multifunctional hormone involved in the body's circadian rhythm, which is a natural, internal process that regulates the 24-hour sleep-wake cycle. It also features 5-hydroxytryptophan (5-HTP), a precursor to the neurotransmitter serotonin that is commonly referred to as "the feel-good hormone, as well as melatonin." These delicious, chewable tablets also contain vitamin B6, inositol, and L-theanine for additional help in supporting the body's natural ability to fall asleep and stay asleep.*

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™ Chewables promote quality, restful sleep to support overall health.* Melatonin is a multifunctional hormone that regulates the body's 24-hour biological clock or circadian rhythm. Inositol is found in cellular membranes and studies have shown that it supports improved sleep quality.* L-theanine promotes a healthy stress response and relaxation.* 5-HTP is an important precursor to serotonin and melatonin. Vitamin B-6 is necessary for the synthesis of melatonin and serotonin to support healthy sleep.*

Benefits*

- Supports quality sleep
- Promotes calming of brain activity

Recommended Use

Chew 2 tablets 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.

Highlights

- 3 mg of melatonin per serving to support a normal circadian rhythm*
- 500 mg of inositol per serving to support a relaxed state and quality sleep*
- 200 mg of L-theanine per serving to promote relaxation*
- 100 mg of 5-HTP per serving to promote serotonin and melatonin production*
- 10 mg of vitamin B6 per serving as pyridoxal-5-phosphate to enhance bioavailability
- Great tasting, lemon-flavored tablets

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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.

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.