

SomniTR™ - Delayed-Release Sleep Formula*

SYNOPSIS AND REVIEW

A deficiency in melatonin levels can contribute to prolonged sleep latency, inability to stay asleep, disruption to circadian rhythms and jet lag.¹ Disordered circadian rhythm is hypothesized to contribute to increased appetite and weight gain.² Melatonin also has the capability to reduce ACTH-stimulated cortisol production that has been found to interrupt sleep.²

The delayed-release melatonin in SomniTR provides sustained levels for up to eight hours.

SomniTR also provides support for GABA-A receptor sites.* GABA-A agonists, such as Lactium have been shown to improve quality of sleep.*³ ForsLean supports cAMP⁴ while pantothenic acid supports acetyl coenzyme A,⁵ both of which are important in melatonin synthesis.*⁶

SomniTR provides support for patients with sleeping problems. It may be taken in conjunction with **Lentra™**, **Prolent™** and/or **Tranquilent™**.



EXPLANATION OF INGREDIENTS

Lactium®: Acts as a GABA-A receptor agonist.*⁷ Lactium has been shown to decrease stress-related symptoms in women⁸ and significantly improve sleep quality.*³

ForsLean®: (standardized to 20% forskolin) a source of forskolin that increases cAMP.*⁴ Serotonin N-acetyltransferase requires cAMP to metabolize serotonin to N-acetylserotonin, the immediate precursor to melatonin.⁶

Pantethine: Precursor to acetyl coenzyme A.*² Production of N-acetylserotonin requires acetyl coenzyme A.⁶

Calcium: (as Dicalcium Phosphate) potentiates the effects of cAMP.* Serotonin N-acetyltransferase requires cAMP to convert serotonin to the precursor to melatonin.⁵

Melatonin: is a neurohormone involved with circadian rhythm regulation and sleep induction.*²

Supplement Facts		
Serving Size: 1 Tablet		
Servings per Container: 30		
	Amount Per Serving	% Daily Value
Pantothenic Acid (as pantethine)	20 mg	400%
Sleep Support Blend †	177 mg	*
ForsLean® (Coleus forskohlii extract) (standardized to 20% forskolin) (root)		
Lactium®		
Melatonin		
* Daily Value not established.		



Lactium® is a registered trademark used under license and is protected under U.S. patent #5,846,939.



ForsLean® is a registered trademark of Sabinsa Corporation and is the only Coleus forskohlii preparation supported commonly by Patent.

*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.