

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

**Insomnitol™** is a formulary blend of botanicals, nutrients, neurotransmitters, and neurotransmitter precursors designed to support quality sleep and the promotion of calming brain activity. Insomnitol™ promotes GABAergic and serotonergic activity, supporting the ability to get to sleep, and stay asleep. With Insomnitol™, clinicians can attain all of the various interventions typically used in natural promotion of quality sleep in one product, improving patient convenience and compliance.

#### Insomnitol™ 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

## Highlights

Insomnitol™ contains valerian root (*Valeriana officinalis*), passion flower (*Passiflora incarnata*), and lemon balm (*Melissa officinalis*), all safe nervine botanicals known for their relaxant properties and ability to reduce tension and promote sleep, without causing morning grogginess.

Valerian root has demonstrated sedative effects due to its ability to induce the release of GABA from brain tissue. It has been suggested that the passion flower and German chamomile (*Matricaria chamomilla*) constituent apigenin binds to central benzodiazepine receptors, possibly causing anxiolytic effects (anxiety reducing) without impairing memory, diminishing motor skills, or causing drowsiness upon awakening. Lemon balm has been suggested to improve calmness via the inhibitory action of GABA, similar to benzodiazepine, but without the overt side effects of these medications. Direct stimulation of Gamma aminobutyric acid (GABA), the main calming neurotransmitter in the body, is provided with a new form of GABA known as PharmaGABA™, a proprietary material naturally manufactured via a fermentation process and considered more effective than other traditional, chemically produced synthetic forms. In addition, support of calming neurotransmitter production is provided with the inclusion of L-theanine, clinically proven to reduce stress and improve the quality of sleep.

Insomnitol™ also includes 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). Darkness into the eye 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. The most common dose found effective for sleep was 3 mg.

5-HTP can be used in conjunction with melatonin, as a precursor to serotonin, which can further support endogenous melatonin production during the night to help with staying asleep. When using 5-HTP for enhancing serotonin and melatonin production to promote healthy mood and sleep, the addition of the synergistic nutrient pyridoxal-5-phosphate, an activated form of vitamin B6, is suggested to catalyze the conversion of 5-HTP to serotonin (5-HT).

#### Conditions for which melatonin is not recommended:

- Autoimmune conditions such as lupus or 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 the time where fertility is desired

## Interactions with drug therapy

Melatonin and 5-HTP may not be suitable to administer along with SSRI and MAOI medications and corticosteroid therapy.

### Recommended Use

▶ As a dietary supplement, take two capsules per day 30-60 minutes before bedtime, or as directed by your health care practitioner.

**Caution:** Due to the inclusion of GABA, this product is not recommended for pregnant or lactating women, as well as young children, unless under the guidance of a health care practitioner.

## Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg	500%
Valerian ( <i>Valeriana officinalis</i> )(root) [standardized to contain 0.8% valerenic acid]	400 mg	*
Passion Flower ( <i>Passiflora incarnata</i> ) (flower) [standardized to contain 3.5% flavonoids]	200 mg	*
Lemon Balm ( <i>Melissa officinalis</i> )(leaves) [standardized to contain 3% rosmarinic acid]	200 mg	*
Chamomile ( <i>Matricaria chamomilla</i> )(flower)	200 mg	*
gamma-Aminobutyric acid (as PharmaGABA™)	100 mg	*
L-Theanine	100 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Melatonin	3 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), vegetable stearate, silicon dioxide.



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