

# Insomnitrol™ Chewables

*Natural promotion of quality sleep in a great tasting chewable tablet\**

Insomnitrol™ Chewables are great tasting, lemon-flavored tablets formulated to support quality sleep and to promote relaxation and calm.\* This product is ideal for individuals who occasionally have difficulty getting to sleep or staying asleep through the night, and for those who prefer not to swallow pills. It is non-habit forming and will not result in next-day drowsiness.

Sleep is a critical but often overlooked part of health and wellbeing. The body requires a sufficient quantity and high quality of sleep for optimal physical, mental, and cognitive performance during the day. However, the stresses of fast-paced modern life can occasionally make it difficult to fall asleep or to stay solidly asleep during the night. It's paramount to support healthy sleep because proper sleep does more than just contribute to better energy and alertness; it influences the immune system, hormone balance, mental and emotional outlook, overall metabolism, and even plays a role in insulin sensitivity and carbohydrate tolerance.

## Highlights

**Melatonin:** a multifunctional hormone whose main role is to help regulate sleep by controlling the body's 24-hour day/night biological clock, a.k.a. 'circadian rhythm'

**5-HTP:** a precursor to serotonin, which helps regulate mood and sleep; also supports further melatonin production during the night to help with staying asleep

**Vitamin B6:** an essential nutrient for the conversion of 5-HTP and melatonin to serotonin

**Inositol:** promotes overall relaxation and helps maintain the proper metabolism of serotonin; supports brain wellness and may aid in attaining a restful night's sleep

**L-Theanine:** an amino acid that helps promote calm and may improve sleep quality

**Recommended Use:** As a dietary supplement, chew two tablets 30-60 minutes before bedtime, or as directed by your health care practitioner.

**Note:** If using a prescription drug, consult your health care practitioner prior to using this product. Do not take this product if you are pregnant, lactating or planning to become pregnant, suffer from an autoimmune disease, depression, diabetes, or any endocrine disorders. Do not use this product while operating a motorized vehicle or heavy machinery.

## Benefits of a Good Night's Sleep:

- Supports a healthy immune system
- Supports proper cardiovascular function
- Supports a clear mind and sharp focus for better memory and learning
- Promotes healthy levels of growth hormones
- Promotes healthy carbohydrate metabolism and supports insulin sensitivity
- Encourages proper reflexes, reactions and judgments



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

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).