



Somnolin® features a complementary blend of nutrients to promote a restful, relaxed state and relieve occasional sleeplessness by positively impacting serotonin function.*

*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.

DIRECTIONS: Take two tablets daily or as directed by your healthcare practitioner. May be taken during the day or before bedtime.

WARNING: Do not use if pregnant or lactating.

CAUTION: Not recommended for those under 18 years of age. If taking antidepressant medication, particularly antidepressants such as MAO inhibitors or selective serotonin reuptake inhibitors (SSRIs), avoid use. If you have a medical condition, or are taking medication—including over-the-counter cold medicine, consult your healthcare practitioner before use. Use with caution when driving or operating machinery, may cause drowsiness. Keep out of the reach of children.



Metagenics
Genetic Potential Through Nutrition



Somnolin™

Support for Serotonin
Function*

Dietary Supplement

Vegetarian

60 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B ₆	40 mg	2000%
(as pyridoxine HCl)		
Folate.....	400 mcg	100%
(as L-5-methyl tetrahydrofolate ¹)		
Vitamin B ₁₂	500 mcg	8334%
(as methylcobalamin)		
L-5-Hydroxytryptophan	200 mg	*
(L-5-HTP)(from <i>Griffonia simplicifolia</i>)		
L-Theanine.....	200 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, croscarmellose sodium, and silica.

Developed and Manufactured by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
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¹As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.