

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

30 TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 15

	Amount Per Serving	% Daily Value
Vitamin B ₆	40 mg	2000%
(as pyridoxine HCl)		
Folate	400 mcg	100%
(as L-5-methyl tetrahydrofolate [†])		
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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[†]As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

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