Somni Support™ is a synergistic herbal formulation that naturally supports and induces restful sleep. This combination also has a long history of traditional use in Western herbal medicine for supporting the nervous system and associated disturbances.

- All natural herbal sleep and nervous system support formulation.
- Features Herbatonin® to reduce time falling asleep and promote a refreshing sleep.
- Relieves sleeplessness and restless sleep
- Suitable for vegans and vegetarians.

**Directions for use:** Adults: 1-2 capsules per night, 30-60 minutes before sleeping, or as directed by a health care practitioner.

**WARNINGS:** If symptoms persist talk to your health care practitioner. Not for prolonged use. If symptoms persist seek the advice of a health care practitioner. Do not use if you are pregnant or likely to become pregnant or while breastfeeding. Keep out of reach of children. Children should not consume this product without medical advice.

### Active Ingredients

**Each capsule contains:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hops (Humulus lupulus) strobili extract</td>
<td>125 mg</td>
</tr>
<tr>
<td>Equivalent to dry strobile</td>
<td>500 mg</td>
</tr>
<tr>
<td>Rice (Oryza sativa) grain extract</td>
<td>5 mg</td>
</tr>
<tr>
<td>Equivalent to dry rice</td>
<td>450 mg</td>
</tr>
<tr>
<td>Alfalfa (Medicago sativa) leaf extract</td>
<td>85 mg</td>
</tr>
<tr>
<td>Equivalent to dry leaf</td>
<td>7.65 g</td>
</tr>
</tbody>
</table>

### Key Features & Benefits

**CLINICAL EVIDENCE:**

Hops’ species name ‘lupulus’ is derived from the Latin word ‘lupus’, translating to ‘wolf’ in reference to the plants’ growing pattern of climbing onto other plants as a wolf climbs onto a sheep, while the common name ‘hops’ comes from the Anglo-Saxon word ‘hoppan’ meaning ‘to climb’.1,2

Hops has a long history of use in many traditional cultures including Chinese, Indian and Western medicinal systems and is considered to have hypnotic, relaxant, sedative, antispasmodic and bitter tonic properties.1,4 It has been used in such traditions for conditions including insomnia and sleep disturbances and nervous system and mood imbalances (restlessness, anxiety, nervous tension, nervousness, headache).2,4
Herbatonin® is a herbal mixture that supports sleep and the nervous system. The most significant active constituents naturally occurring in hops are the resinous alpha-(humulone and adhumulone) and beta- (lupulone, colupulone and adlupulone) bitter acids, with other compounds present including volatile oils, flavonoids, phenolic acids, polysaccharides and amino acids. Rice constituents include flavonoids, phenolic acids, sterols, vitamins and minerals (thiamine, riboflavin, niacin, potassium and magnesium), while alfalfa also contains flavonoids as well as saponins, alkaloids, phenolic compounds, amino acids, coumarins, fatty acids and essential oils. Alfalfa has a long history of use in many traditional systems including TCM, Iraqi, Mexican and Ayurvedic medicine for a broad range of conditions including for central nervous system imbalances, with the use of hops to support sleep have also been demonstrated in human clinical trials.

In healthy female nurses experiencing work-stress associated with night-shift working patterns, the impact of hops on work-stress, anxiety and sleep was investigated. Prior to the 14-day intervention period, all subjects ingested approximately 1g/day of hops in non-alcoholic beer. Compared with placebo, hops resulted in significant decreases in overall mood-enhancing effects. In a randomised, double-blind, placebo-controlled, crossover study, the impact of hops on young generally healthy adults with mild depression, anxiety and stress levels was investigated. Over 4-weeks, subjects (n=36) orally ingested either placebo or 200mg of hops daily followed by a 2-week washout period before undergoing the alternative treatment (active or placebo). Assessments performed included the Depression Anxiety Stress Scale-21 (DASS-21) to determine depression, anxiety and stress symptomatology and morning blood cortisol levels, conducted at the beginning and end of each 4-week intervention period. Compared with placebo, hops resulted in significant decreases in DASS-21 anxiety (9.2 +7.3 vs 5.1 +5.9), depression (11.9+7.9 vs9.2 +7.4) and stress scores (19.1+8.1 vs 11.6 +8.1, all p values <0.05). The authors concluded that the results indicated that hops may have overall mood-enhancing effects.

Nervous System Support

Clinical evidence also supports the long traditional use of hops for supporting nervous system imbalances. In a controlled, crossover study, the impact of hops on young generally healthy adults with mild depression, anxiety and stress levels was investigated. Over 4-weeks, subjects (n=36) orally ingested either placebo or 200mg of hops daily followed by a 2-week washout period before undergoing the alternative treatment (active or placebo). Assessments performed included the Depression Anxiety Stress Scale-21 (DASS-21) to determine depression, anxiety and stress symptomatology and morning blood cortisol levels, conducted at the beginning and end of each 4-week intervention period. Compared with placebo, hops resulted in significant decreases in DASS-21 anxiety (9.2 +7.3 vs 5.1 +5.9), depression (11.9+7.9 vs9.2 +7.4) and stress scores (19.1+8.1 vs 11.6 +8.1, all p values <0.05). The authors concluded that the results indicated that hops may have overall mood-enhancing effects.

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