

*Fall asleep quickly and naturally with Somesta®*



**SOMesta®**  
(MELATRYPTOPHAN 625MG)

*SOMESTA™ combines quality ingredients designed to fight your sleeplessness on a long term basis. The ingredients in SOMESTA have been carefully balanced to complement each other and produce positive results in a relatively short amount of time.\**

# SOMesta

(MELATRYPTOPHAN 625MG)



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### What is SOMESTA?

Even losing sleep a few nights a week can significantly impair your ability to function and decrease the quality of your life. You know by now how you feel without proper sleep: fatigue, irritability and a loss of concentration are high on the side effects list for sleeplessness. SOMESTA™ combines quality ingredients designed to fight your sleeplessness on a long term basis.†

Sleeplessness not only applies to people who cannot sleep at all; many people suffer from sleeping disorders such as difficulty falling asleep, sleeping through the night and even more commonly a lack of quality sleep. Sleep is not only necessary in quantity, but even more importantly quality. The ingredients in SOMESTA have been carefully balanced to complement each other and produce positive results in a relatively short amount of time.†

## Supplement Facts

Serving Size: 1 Capsule

Amount per Serving	%Daily Value
Vitamin C (from magnesium ascorbate)	60mg 100%
Niacin (as inositol hexanicotinate)	5mg 25%
Vitamin B6 (as pyridoxine HCL)	5mg 250%
Magnesium (as magnesium ascorbate)	4.5mg 15%
L-Tryptophan	500mg ††
Chamomile Extract	25mg ††
Valerian Extract	25mg ††
Melatonin	1mg ††
Inositol Niacinate (from Inositol Hexanicotinate)	1.43mg ††

††Daily Value not established

**Other Ingredients:** Cellulose, microcrystalline cellulose, silicone dioxide, magnesium stearate.

†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

ITEM#	PRODUCT NAME	SKU
1185	SOMESTA 30 CAPSULES	689076011853

