



CLARIWELL

SOMNUX[®]

DIETARY SUPPLEMENT

A 100% natural product for high-quality sleep based on nature and science



A 100% natural and effective food supplement for promoting sleep, improving sleep quality and regulating circadian rhythms.

Composition: lavender (*Lavandula angustifolia* Mill.), California poppy (*Eschscholzia californica* L.), L-tryptophan, calcium and vitamin D.

Audience: adults with difficulty falling asleep, with fragile and restless sleep, with stress-induced insomnia, as well as with disrupted sleep rhythms (for example, when travelling).

Take 2 capsules once a day 30 minutes before going to bed. The package contains 60 capsules.

The recommended daily dose (2 capsules) contains:

- lavender flower extract – 20 mg;
- California poppy seed and flower extract – 150 mg;
- L-tryptophan – 500 mg;
- calcium – 222 mg;
- vitamin D3 – 15 µg (600 IU).

Product contains substances of natural origin only.

The capsule shell does not contain gelatine of animal origin.



NO ARTIFICIAL
COLORS



NO
PRESERVATIVES



GMO
FREE



LACTOSE
FREE



GLUTEN
FREE



VEGAN
FRIENDLY

DO NOT USE A FOOD SUPPLEMENT TO REPLACE COMPLETE AND BALANCED NUTRITION!

Food supplement intended for adults. Do not use this food supplement if you are pregnant, breastfeeding or have hypersensitivity (allergy) to any of the ingredients. If you are taking any medication or are under the supervision of a physician, consult your physician or pharmacist before taking a food supplement.

The product is manufactured in Latvia in accordance with the quality and safety requirements of the European Union.

LAVENDER

(*Lavandula angustifolia* Mill.), according to the assessment report the European medicines Agency EMA/HMPC/143183/2010, acts both as an anxiolytic (anxiety-reducing) agent and also as a sedative that increases relaxation and loosening up of the body, thereby promoting sleep.

Separate studies have shown that when you use lavender before going to bed, you feel more alert and energetic the next morning, and lavender has a beneficial effect by prolonging the phase of light sleep and shortening the phase of restless sleep, or rapid sleep (REM – rapid eye movement). At the same time, lavender prolongs the time of waking up following the first falling asleep (especially important for people with restless sleep). Lavender has been shown to act as an anxiolytic aid (anxiety reliever) and as a sedative aid to increase body relaxation and resting, thereby promoting sleep.

CALIFORNIA POPPY

The sedative and anxiolytic properties of California poppy (*Eschscholzia californica* L.) have been proven in several preclinical studies. By using this herb, an increase in sleep time and a decrease in motor activity (restless sleep) during sleep are observed. The Committee on Herbal Medicinal Products (HMPC) and the European Medicines Agency (EMA) have concluded that California poppy can be used to relieve mild symptoms of mental stress and as a sleep aid. With the help of California poppy, you can normalise sleep, get rid of insomnia, and it can also be used for the treatment of psychological and physical problems and nervous disorders.



VITAMIN D

Low vitamin D level is associated with poor quality of sleep and short sleep duration.

Vitamin D receptors have been found in brain regions involved in sleep regulation, and vitamin D is involved in regulating the sleep-wake cycle. Sleep disorders in the case of vitamin D deficiency may be related to altered calcium levels, causing a risk of bone fractures and osteoporosis.

CALCIUM

is a natural sleep aid and is directly related to our sleep cycles. Sleep disorders, specifically a lack of REM deep sleep or disturbed REM sleep, are associated with calcium deficiency. Calcium helps the brain to use the amino acid tryptophan to produce the sleep-inducing substance melatonin. In the case of prolonged calcium deficiency, insomnia, difficulty falling asleep, poor sleep and frequent awakening are observed. At the same time, a close relationship should be mentioned between vitamin D levels and calcium levels, namely, calcium levels regulate the formation of the deep sleep phase, while the functions of vitamin D include intestinal calcium transport and bone mineralisation, which are essential for calcium homeostasis.



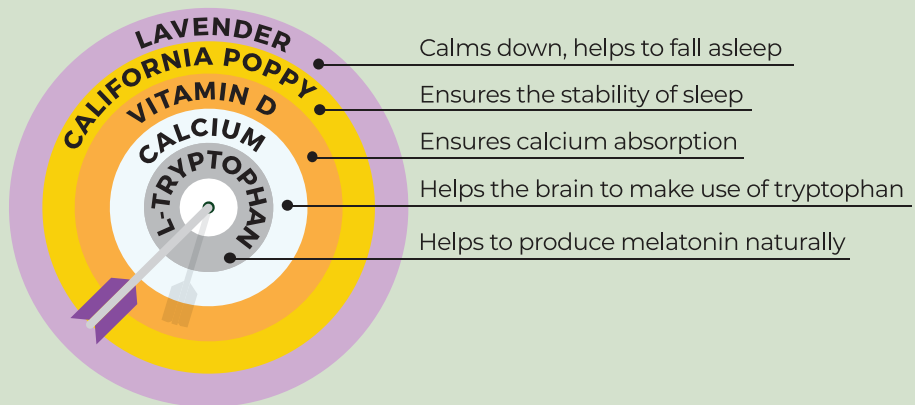
FOOD SUPPLEMENT DOES NOT REPLACE A COMPLETE AND BALANCED DIET!

L-TRYPTOPHAN

is an essential amino acid, a component of natural proteins, and is important for many organs

in the body. L-tryptophan is not produced by the body, we can only take it with food or food supplements. L-tryptophan reduces the time it takes for people who have mild insomnia or who take a long time falling asleep, to fall asleep successfully. **From L-tryptophan, our body naturally produces melatonin**, which plays a decisive role in the quality of sleep. Melatonin is a biologically active substance that is formed in our brain during the night (in darkness) and regulates the biorhythms of our body – the cycle of sleep and wakefulness. Several laboratories have proven the positive effect of L-tryptophan on quality of sleep. It is essential to note that, when using tryptophan, no effect on next-day alertness has been found, which is a problem with conventional sleep aids.

STAGES OF EFFECT OF SOMNUX® FOOD SUPPLEMENT



FOOD SUPPLEMENT DOES NOT REPLACE A COMPLETE AND BALANCED DIET!



CLARIWELL

CLARIWELL team chooses the raw materials of the product with the utmost responsibility. They have high bioavailability and efficiency. Vitamins and minerals of natural origin are used. Active substances of plant origin have been selected, taking into account their purity, form and standardisation, in order to provide the customers with the highest quality and the best possible solution.

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about the product



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