

TRO+|SOMNA TX
PLUS

INGREDIENTS (PER TROCHE)

Agarin	2 mg
Apigenin	100 mg
Dihydrohonokiol-beta	7.5 mg
Available with and without Melatonin	10 mg

Inactive Ingredients: Techna 20 SF®, Natural Purple Sweet Potato/Yam Powder, Natural Purple Pigment, Stevia RM95, Natural Vanilla Flavor

DOSING

1/8th to 1 full troche, as directed by your healthcare provider.

Maximum daily dose: 2 troches per day

If troche is swallowed, the dose may need to increase for desired effect.

DELIVERY MECHANISM

The Buccal Troche: a small lozenge that dissolves between the upper cheek and gums. In contrast to a tablet or capsule, the ingredients are directly absorbed into the cheek mucosa for a more reliable and rapid onset of action, typically between 15 and 20 minutes.

The troches are scored so that you can calibrate your own dose.

Although Tro+ Somna works best as a buccal troche, it can be swallowed on an empty stomach as well

INDICATIONS

Moderate to severe:

- Difficulty falling asleep
- Difficulty staying asleep
- Waking up feeling unrested

DURATION OF EFFECT

- 6 to 8 hours.

INTERACTIONS

- Do not combine with GABAergic drugs and/or supplements unless under close supervision
- Do not use with alcohol (which is also GABAergic)

CONTRAINDICATIONS

- Pregnant or breastfeeding
- Hepatic or renal impairment
- Any known sensitivity to the ingredients in Tro+ Somna