



Sentra PM®

For the dietary management of sleep disorders

Sentra PM is a non-addictive and effective way to improve the quality of sleep, sleep latency and duration of sleep in patients with sleep disorders. There have been no severe side effects, attenuation, significant morning grogginess, addiction or tolerance build up reported with the use of **Sentra PM**. Disease, aging and certain environmental factors can alter the metabolic requirements of a patient, creating an imbalance in nervous system function. As a medical food, **Sentra PM** addresses these unique dietary needs in a safe and effective manner.

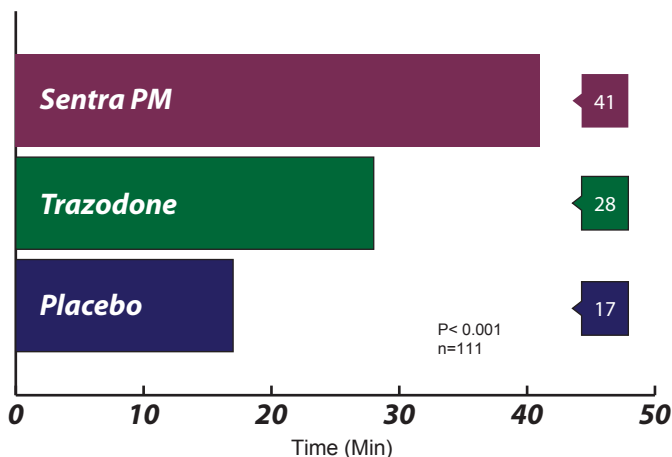
What Does **Sentra PM** Do?

- ▶ Fall Asleep Faster*
- ▶ Improve Restorative Sleep*
- ▶ Manages Altered Metabolic Processes Associated with Sleep Disorders and Depression
- ▶ **Sentra PM** restores homeostasis by promoting the production of the key neurotransmitters involved in the sleep process such as serotonin, GABA, glutamate, and acetylcholine. These important neurotransmitters are responsible for initiating sleep, improving restorative sleep, decreasing nighttime awakenings, reducing AM grogginess, and managing depression.

How Effective is **Sentra PM**?

In one double blind placebo controlled trial, **Sentra PM** when compared to placebo and Trazodone improved the time it takes to fall asleep, as well as the quality and length of sleep. **Sentra PM** is clinically effective at improving sleep and feelings of depression without causing morning grogginess or other severe side effects.

Fall Asleep Faster with **Sentra PM***



*"Sentra PM and Trazodone in the management of Sleep Disorders" Journal of Central Nervous System Disease 2012.