

Insomnia, Anxiety, Depression & Stress



*Affects millions
of people in
developing
world & leads...*



**Irritability, Impotence, Stroke, Daytime Drowsiness,
Diabetes, Fatigue, Low level of Concentration...**

Problems associated with current therapies...

- ▶ Tolerance
- ▶ Dependence
- ▶ Withdrawal Symptoms
- ▶ Day time Drowsiness
- ▶ Impaired Coordination
- ▶ Memory Problems, Confusion
- ▶ Blurred Vision

**The need for ideal therapy which can minimize
side effects and offer relief from problems**

Introducing...

R_x **TENILTM Nutra**
Tablet

A Synergistic Combination

Phytomedicine

Mandukparni, Tagar, Ashwagandha,
Jatamansi, Vacha

Calm mind, reduce stress hormones,
Promote restorative sleep.

Essential Nutrient

Melatonin, L-Tryptophan, L-Theanine,
Magnesium, Zinc, Iron, Vitamin B6

Restore neurotransmitter balance
& sleep-wake rhythm.

Corrects Sleep-Stress-Brain Support

Correct 4 Pillars of Anxiety

Lower Cortisol

Ashwagandha,
Magnesium,

Boost GABA

L-Theanine,
Tagar

Increase BDNF

L-Tryptophan,
Mandukparni

Restore Sleep Rhythm

Melatonin,
Vacha

Centella asiatica 50 mg

- Increases GABA, BDNF and antioxidant enzymes
- Reduces cortisol and improves adaptive stress response

Valeriana wallichii 50 mg

- Modulates GABA receptors
- Improves sleep latency & quality¹

Withania somnifera 50 mg

- Lowers cortisol by 28%²

Nadostachys jatamansi 15 mg

- Comparable to diazepam in animal models of anxiety³

Acorus calamus 15 mg

- Traditionally used for cognitive clarity + anxiety

Melatonin 5 mg

- Regulates circadian rhythm, reduces sleep onset latency.
- Optimal dose for insomnia⁴

L-Tryptophan 50 mg

- Precursor to serotonin → melatonin conversion
- Supports mood stabilization & sleep architecture

L-Theanine 50 mg

- Induces alpha brain waves, counters caffeine induced anxiety.
- Synergizes with GABAergic herbs⁵

Iron

Magnesium

**Essential
Minerals
like**

Zinc

Vitamin B6

Helps to correct sleep cycle & reduces stress and anxiety.

R_x

TENILTM Nutra

Tablet

- Helps manage mild anxiety and stress
- Supports relaxation and restful sleep
- Promotes brain health and mood balance
- Non-habit forming formula with natural herbs & nutrients

Clinical
Advantages
Over
Conventional
Therapies



Dosage : 1 Tablet at bedtime (for insomnia).
1 Tablet bid (for daytime anxiety).

**Bring Back Your Natural Sleep,
Bring Back Your Dreams**

BDN : Brain-Derived Neurotrophic Factor- it's a protein in the brain and nervous system that acts like a fertilizer for your neurons.
GABA : Gamma-Aminobutyric Acid

1. Phytomedicine, 2010; 2. Indian J Psychol Med, 2012; 3. Phytomedicine, 2010; 4. Sleep Med Rev, 2017; 5. Nutrients, 2019.