

A Convenience Packed Medical Food & Drug

## **Sentrazolpidem PM-5<sup>TM</sup>**



▶ **Sentra PM<sup>TM</sup> 60 Capsules**

▶ **Zolpidem 5 mg 30 Tablets**

No Refills Without  
Physician Authorization

**Rx Only**  
NDC# 68405-8023-26  
of this co-pack

## **Sentrazolpidem PM-5<sup>TM</sup>** **Convenience Pack**

### **Zolpidem - Why is this medication prescribed?**

Zolpidem is used to treat insomnia. Zolpidem belongs to a class of drugs called imidazopyridines. It acts on receptors in the brain (GABA receptors) causing the release of a chemical called GABA (gamma amino butyric acid). GABA is a major inhibitory chemical in the brain involved in inducing sleepiness and control of anxiety and fits.

### **Sentra PM<sup>TM</sup> - Why is this medication prescribed?**

**Sentra PM** is a Medical Food product that provides the amino acids that are precursors to the neurotransmitters that are associated with the induction and maintenance of sleep. This Medical Food stimulates the body to produce the neurotransmitters that induce sleep, promote restorative sleep, and reduce snoring. Patients with sleep disorders frequently have increased requirements for tryptophan and choline. Patients with sleep disorders frequently show reduced blood levels of serotonin and 5-hydroxytryptophan. Choline deficiency has also been associated with sleep disorders, particularly those associated with sleep apnea syndromes.

**Sentra PM** aids in the nutritional management of serotonin and acetylcholine production deficiencies in patients with sleep disorders and depression.

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