

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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SENTRA PM

Restorative Sleep, Morning Brightness

- Support patients looking to improve sleep quality
- Non addictive
- No severe side effects

Sentra PM is a medical food developed by a Los Angeles research cardiologist that provides the brain with the nutrients needed to make serotonin and acetylcholine, two key brain hormones that are necessary for experiencing restorative sleep and morning brightness.

Sentra PM also targets patients who snore and are looking to reduce snoring and improve sleep quality.

Sentra PM can also be used to support patients with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome

Usual Dosage: It is recommended that one (1) to two (2) capsules of Sentra PM be taken at bedtime on an empty stomach.