

# Somatomax by Hi-Tech Pharma: Insomnia's Worst Enemy

written by Mike Roberto | April 10, 2017



Hi-Tech Pharmaceuticals Somatomax is an ultra-effective nighttime sleep aid powered by a hefty dose sure to knock you out!

There are three pillars to a healthy, fit lifestyle – diet, exercise, and *sleep*. Most people are so focused on the first two, that they often neglect the third and equally crucial aspect that is rest and recovery.

Meanwhile, with so many active users drinking coffee, energy drinks, pre workouts, or taking fat burners, we're often a bit too wound up from the day and have trouble putting ourselves down early enough.

To help you get a better night's sleep, Hi-Tech Pharmaceuticals has created the *ultimate sleep aid* to ensure you always get a restful night's sleep. Get ready, because *this stuff is strong!*

**Somatomax** is a powerful sleep aid that in addition to promoting greater rest, also helps support healthy neurotransmitter levels and natural Growth Hormone production.

More info on Somatomax is below, but first, take a second to check the best deal and sign up for alerts from PricePLOW:

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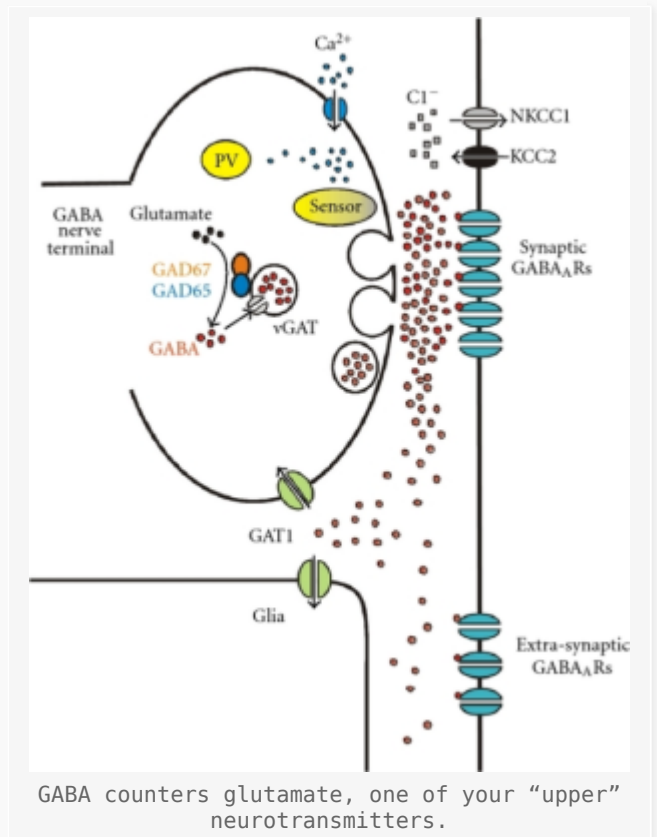
## Somatomax Ingredients

Somatomax's formula is a proprietary blend of six key ingredients that'll be sure to knock you out for good, no matter how much trouble you may have falling asleep.

- **Proprietary Blend (14g)**

*(The first ingredient has been removed from this article and can be researched elsewhere.)*

- **Gamma aminobutyric acid**



*Gamma aminobutyric acid (GABA for short) is the most prominent inhibitory*

neurotransmitter in the body. GABA is heavily associated with encouraging sleep, so it's no surprise Hi-Tech includes it as the second most heavily dosed ingredient in Somatomax.

GABA supplementation has been shown to increase alpha waves and decrease beta waves[6], which is exactly what we want for a long, restful sleep. Alpha waves are the "deep relaxation" waves in the brain, while the beta waves are associated with reasoning and consciousness. So basically, being "more alpha" is good for a better night's rest!

- **Mucuna Pruriens (standardized 50% L-Dopa)**

**Mucuna Pruriens**, a.k.a. velvet bean, is commonly used as a means for boosting Growth Hormone (GH) due to its primary active component **L-Dopa**. While increased GH production is great while we sleep, there's another benefit to having L-Dopa included in Somatomax.

It helps reduce stress via lowering cortisol levels[7], and may provide some sedative abilities if taken during the day[8], both of which lend to an easier time falling asleep at night.

More than anything else though, the greater GH production is where the real bang for your buck is with Mucuna!

- **L-Arginine**



You too can get back to sleeping like a baby when taking Somatomax. Image courtesy Pixabay.

We're not trying to get a nitric-oxide boosting pump going while we sleep, though that we would be perfectly cool! No, the reason **L-Arginine** is included in Somatomax is that it's been deemed a stellar "anti-aging" amino acid in some research journals who have stated: "*the anti-aging benefits of l-arginine show promises greater than any pharmaceutical or nutraceutical agent ever previously discovered.*"[9]

The same team of researchers also noted that individuals supplementing with Arginine experienced much deeper sleep as well as reduced stress and nervousness. Other studies using Arginine have noted **increased GH released** by means of suppressing somatostatin release.[10]

- **L-Tyrosine**

**Tyrosine** is an amino acid most often seen in pre workouts for its ability to improve focus – this is due to tyrosine’s ability to increase catecholamines in the brain, including dopamine, norepinephrine (noradrenaline), and epinephrine (adrenaline).[11,12]

Studies also give evidence that tyrosine helps reduce stress, due to these increased neurotransmitters.[13,14] We all know that when we’re stressed, it’s difficult to get a good night’s sleep. Incorporating a solid dose of Tyrosine will help ease your worries so you can slip into a deeper sleep faster at night.

- **L-Phenylalanine**



**Phenylalanine** is an essential amino acid required for the synthesis of tyrosine. As we just discussed, more tyrosine leads to more “feel good” chemicals in the brain including dopamine, epinephrine, and norepinephrine.

As a Tyrosine precursor, Phenylalanine has been shown to improve mood and used in the treatment for depression.[15] Additionally, other studies have documented a significant GH release from phenylalanine supplementation that’s independent of the pathways used by Arginine.[16] More GH is always a good thing!

## Flavors Available

Unlike most sleep aids which are in capsule form, Somatomax comes as a powder, which means we get something tasty to sip on before settling down for bed! In total, you'll have great flavors to choose from including:



Join Team Hi-Tech not only in the gym, but in bed too. Somatomax is one of the stronger OTC sleep aids out thanks to that primary ingredient.

You can see the prices of these Somatomax flavors in our coupon-powered Price Comparisons below.

## Takeaway

Our bodies experience the greatest surge in hormonal output and maximize our recovery and growth when we sleep. As crucial as it is though, sleep is frequently neglected or put off by those who'll "sleep when they're dead." Little do they realize that this is negatively impacting health and fitness goals!

So if you're having trouble sleeping, you *won't* after taking this!

**Somatomax** is an *extremely* powerful, and ultra effective, sleep aid that will have you catching some serious Z's night after night. Be cautious though due to the high anxiolytic content, and if you're prone to an addictive personality, it may be best to limit yourself to using this on night's when you REALLY need to sleep and not use it as an every night crutch.

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