

# New Clinical Shows Somato® Tomato Fruit Extract Speeds Sleep Onset and Supports Well-Being

*Peer-reviewed pilot study highlights Nutraland USA's safe, plant-based sleep solution*

IRVINE, CA, UNITED STATES, October 2, 2025 /EINPresswire.com/ -- Nutraland USA, Inc. today announced results from a peer-reviewed pilot clinical study showing that Somato® Tomato Fruit Extract, standardized to 5% Phytomelatonin, helped participants fall asleep faster and improved

emotional well-being. The study, just e-published ahead of print in *Alternative Therapies in Health & Medicine*, provides real-world evidence that a plant-based sleep solution can support natural sleep rhythms. The full study can be viewed via PubMed here:

<https://pubmed.ncbi.nlm.nih.gov/40985949/>.



The graphic features the Somato® logo in red at the top. Below it, the text reads "Somato® Tomato Fruit Extract Speeds Sleep Onset and Supports Well-Being". Underneath this is a line: "Peer-reviewed pilot study highlights Nutraland USA's safe, plant-based sleep solution". At the bottom, there are four icons with corresponding text: 1. "33% Faster Sleep Onset" with a clock icon. 2. "Improved Emotional Well-Being" with a smiley face icon. 3. "Whole-Food Derived Phytomelatonin from Tomato Fruit" with a tomato icon. 4. "Safe and Well-Tolerated" with a shield icon. The Nutraland logo is in the top right corner.

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What makes the results especially compelling is the consistent correlation between wearable data and self-reported outcomes.”

*Gene Bruno, DBM, MS, RH(AHG), Chief Scientific Officer*

“We’re excited by these findings, which demonstrate that our whole food-derived Phytomelatonin can meaningfully improve sleep and well-being,” said Dr. Gene Bruno, Chief Scientific Officer of Nutraland USA. “What makes the results especially compelling is the consistent correlation between wearable data and self-reported outcomes. Together, they suggest that Somato® has real potential as a natural, plant-based solution for better sleep.”

In this open-label pilot trial, participants took a daily oral

strip delivering 2 mg of Somato® Phytomelatonin. Results showed:

- 33% reduction in sleep latency
- Improved overall sleep efficiency / quality
- Decreased time awake during the night
- Self-reported improvements in emotional well-being and global quality-of-life metrics

Somato® was well tolerated, with no serious adverse effects reported during the study. Its plant-based Phytomelatonin works in harmony with the body's own melatonin production, providing a safe, natural sleep solution that consumers can feel confident using.

These initial results position Somato® as an innovative, plant-based alternative to synthetic melatonin for supporting better sleep. Nutraland USA plans to follow up on these positive findings with a larger, randomized, placebo-controlled study – the “gold standard” of clinical research.

For more information about Somato®, visit [www.somato.cc](http://www.somato.cc); and to explore Nutraland's full ingredient portfolio, visit [www.nutralandusa.com](http://www.nutralandusa.com).

About Nutraland USA, Inc.

Nutraland USA is a leading supplier of sustainable, plant-based, science-based nutritional ingredients for food, beverage, and supplement products. The company is focused on clean-label, responsibly and ethically sourced, innovative products that meet the highest quality standards and serve the evolving needs of health-conscious consumers.

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