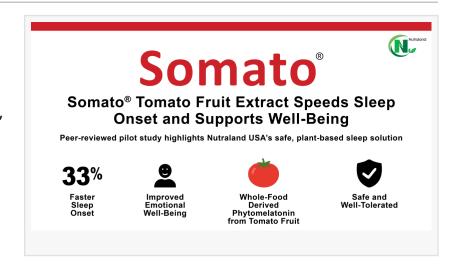


New Clinical Shows Somato® Tomato Fruit Extract Speeds Sleep Onset and Supports Well-Being

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/.



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 <u>www.somato.cc</u>; and to explore Nutraland's full ingredient portfolio, visit <u>www.nutralandusa.com</u>.

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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