

**Dr. Duke's Phytochemical and Ethnobotanical Databases**

**List of Chemicals for Antiinsomnic**

<b>Chemical</b>	<b>Dosage</b>
GAMMA-AMINOBUTYRIC-ACID	--
NIACIN	1 g/day
VITAMIN-B	1 g/day
VITAMIN-B3	1 g/day