

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

**List of Chemicals for Antiinsomnic**

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