

# MELATONIN

- ✓ **RELIEF JET LAG**
- ✓ **REDUCTION OF TIME TAKEN TO FALL ASLEEP**

## DESCRIPTION

Melatonin, N-acetyl-5-methoxytryptamine, is a methoxyindole that is synthesized inside the pineal cells. A large number of studies show that melatonin has many beneficial effects in humans.

Melatonin is a hormone with multiple actions. It participates in the regulation of biological rhythms, in the regulation of sleep and has a powerful antioxidant action.

**MELATONIN** contains 1 mg of melatonin per capsule. Taking a dose close to bedtime will help reduce the time needed to fall asleep. It will also help relieve the subjective feeling of jet lag.

## INGREDIENTS

Maltodextrin, capsule [glazing agent (hydroxypropyl-methyl-cellulose), colour (titanium dioxide)], anti-caking agent (magnesium salts of fatty acids), melatonin. **WARNINGS:** Store in a cool, dry place. Heat and sunlight may damage the bottle. Keep out of the reach of children. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Don't exceed the recommended daily dosage. May contain traces of *gluten, milk, egg, soy, celery, sulphur dioxide, sulphites, fish, molluscs and crustaceans*. The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.

## DIRECTIONS

Take one daily dose (1 capsule) close to bedtime



## PRESENTATION

150 capsules.

## NUTRITIONAL INFORMATION

Amount per dose	1 capsule
Melatonin	1 mg
Recommended daily dose: 1 capsule	
Dose per container: 150	