



Beauty From Within

MELATONIN CAPSULES

Item No.: 5449118

Melatonin capsules contain the body's own hormone, melatonin, which plays a significant role in regulating your sleep-wake cycle. A balanced sleep-wake cycle is important for giving your body enough time to recuperate. This is the only way to be productive during the day and relax for a restful night.

However, the body's own melatonin level can be negatively affected by a variety of factors such as jet lag, stress and hormonal changes, which is why it can be helpful to support your body with melatonin capsules.



Benefits

- With melatonin
Two capsules (daily dose) contain 0.1 mg melatonin.
- With passion flower herb extract
- With lemon balm leaf powder
- With black pepper fruit extract
- Made in Germany
- Vegan capsule shell



Also available: Bacopa & Ginkgo capsules

- Contains Bacopa monnieri
- With ginseng root extract
- With ginkgo biloba
- With phosphatidylserine and lecithin
- With vitamin B12, magnesium and folic acid
- Vitamin B12 contributes to normal functioning of the nervous system. Vitamin B12, magnesium and folate contribute to normal psychological function.
- Made in Germany
- Vegan capsule shell



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Description

Food supplement with melatonin, plant substances and magnesium

Dosage per serving and use

Swallow 2 capsules unchewed with plenty of water.

Technical data

Shelf life: 30 months

Storage: Store in a cool, dry and dark place.

Packaging:

Allergy information

No allergens

Ingredients

Magnesium bisglycinate, lemon balm leaf powder (*Melissa officinalis* L.), glazing agent: hydroxypropyl methyl cellulose (vegetable capsule shell), passionflower herb extract 10:1 (*Passiflora incarnata*, contains 2% flavones), black pepper fruit extract 25:1 (*Piper nigrum*, contains 95% piperine), melatonin

Nutrients and other substances	per daily dose (2 capsules)	% NRV *
Magnesium	100 mg	27
lemon balm powder	250 mg	**
Passion flower herb extract	150 mg	**
-of which flavones	3.0 mg	**
Black pepper extract	2.1 mg	**
-of which piperine	2.0 mg	**
Melatonin	1.0 mg	**

*Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | ** No NRV available

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