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Melatonin tablets contain the body's own hormone, melatonin, which plays a significant role in regulating your sleepwake 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 then 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 tablets.

Different flavours available, e.g., apple or cherry.



## Benefits

- With melatonin
- Melatonin contributes to the reduction of time taken to fall asleep.
- -Melatonin contributes to the alleviation of subjective feelings of jet leg.
- Sweet taste thanks to the sugar substitute sorbitol



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# Health Food Solutions SORBITOL MELATONIN LOZENGES

## Description

Food supplement with melatonin and sweetener

### Dosage per serving and use

Take 1 tablet / day.

#### **Technical data**

Shelf life:30 monthsStorage:Store in a cool, dry and dark place.

Packaging:

### Ingredients (apple flavour)

Sweetener: sorbitol, maltodextrin, anti-caking agent: magnesium salts of fatty acids, flavouring, acid: DLmalic acid, anti-caking agent: silicone dioxide, melatonin

#### Note

Excessive consumption may produce laxative effects.

Nutrients and other substances	per daily dose (1 tablet)	% NRV *
Melatonin	1.0 mg	**

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

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