



Health Food Solutions

SLEEP WELL COCOA

Item No.: 5449235

Our delicious Sleep Well Cocoa will help you effortlessly drift away into the land of dreams. The active ingredient, melatonin, helps to reduce the time it takes to fall asleep. In the morning, magnesium ensures you wake feeling refreshed, rested and ready to start the day. Magnesium contributes to the reduction of tiredness and fatigue. Other active ingredients such as ashwagandha, valerian and L-tryptophan complete our recipe. Stirred into water or milk, our Sleep Well Cocoa can be enjoyed hot or cold, ideally right before bed.



Vorteile

- Contains Melatonin
 - Melatonin contributes to the reduction of time taken to fall asleep. The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.
- Contains magnesium
 - Magnesium helps to reduce tiredness and fatigue.
- Contains many other active ingredients such as ashwagandha, valerian and L-tryptophan
- Can be enjoyed hot or cold



Also available: Melatonin Capsules

- 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



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Description

Food supplement with magnesium, plant substances, amino acids, alpha-lipoic acid, melatonin and sweetener

Dosage per serving and use

Add 10g powder to 200ml water or milk (1,5 % fat) and mix it.

Technical data

Shelf life: 18 – 24 months, depending on the packaging format

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

Packaging: 

Ingredients

54.3 % fat-reduced cocoa powder (emulsifier: lecithins (rapeseed)), salts of citric acid, glycine, natural flavouring, flavouring, ashwagandha root extract 12:1 (Withania somnifera, contains 5 % withanolides, **milk**)*, valerian root extract 10:1 (Valeriana officinalis), ceylon cinnamon powder (Cinnamomum zeylanicum), L-Tryptophan, lavender oil powder (microencapsulated, Lavandula latifolia, contains 10 % lavender oil), alpha lipoic acid, sweetener: sucralose, melatonin

Nutrition Information	per 100 g powder	per serving (10 g powder)
Energy	1303 kJ / 311 kcal	130 kJ / 31 kcal
Fat	8.1 g	0.8 g
-of which saturates	3.9 g	0.4 g
Carbohydrate	17 g	1,7 g
-of which sugars	6.4 g	0.6 g
Fibre	19 g	1.9 g
Protein	13 g	1.3 g
Salt	0.05 g	< 0.01 g

All data are subject to usual variations in natural products.

Nutrients and other substances	per serving (10 g powder)	% NRV *
Magnesium	188 mg	50
Glycine	1000 mg	**
Ashwagandha root extract	400 mg	**
-of which withanolides	20 mg	**
Valerian root extract	400 mg	**
L-tryptophan	200 mg	**
Lavender oil powder	100 mg	**
-of which lavender oil	10 mg	**
Alpha-lipoic acid	20 mg	**
Melatonin	1.0 mg	**

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

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