

Herbafit Melatonin Capsules Nutrition supplement

Good to know:

Melatonin is a hormone that occurs naturally and plays an important role in the human body's management of daytime and nighttime. Insufficient melatonin levels can cause sleeping disorders. The body produces less melatonin the older we get and the average sleeping time reduces, often causing sleeping problems. Shift work or long-distance travel (jetlag) can also disturb the melatonin levels due to time changes. Taken shortly before going to bed, melatonin helps reduce the time it takes to fall asleep. Regenerative sleep is important for our general well-being and for a healthy mind. Melatonin also contributes towards easing the subjective sensation of jetlag.

Each capsule contains 1 mg pure melatonin.

	per capsule (=daily dose)	per 100 g capsules
Melatonin	1 mg	0.255 g

No EU recommendation for the daily requirement according to RDA has yet been established.

Ingredients: Microcrystalline Cellulose (bulking agent), Gelatine, Magnesium Stearate (separating agent), Melatonin (0.292 %), Silicon Dioxide (separating agent).

Recommended use: We recommend swallowing 1 melatonin capsule shortly before going to bed with fluid without chewing. For jetlag the positive effect is achieved if 1 capsule is taken before going to sleep on the first day of travel and on the first few days after arrival at the destination.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of small children. The recommended daily dose should not be exceeded.

Content 120 capsules = 39 g

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Ihre Gesundheit liegt uns am Herzen!