

SLEEP

45 x 474 mg capsules
Net weight: 21.3 g

INGREDIENTS AND NUTRITIONAL COMPOSITION FOR THE MAXIMUM DAILY DOSE (3 CAPSULES):

Calcium hydroxyapatite (fish) 390 mg, magnesium (in oxide form 330 mg, i.e. 88% RDA), vegetarian capsule, L-tryptophan 150 mg, melatonin 1.8 mg, zinc (in oxide form) 15 mg (i.e. 150% RDA), vitamin B3 16 mg (100% RDA), vitamin B6 1.4 mg (100% RDA), vitamin B9 200 µg (100% RDA), magnesium stearate.

RECOMMENDATIONS FOR USE:

2 to 3 capsules per day to be taken in the evening with a glass of water 30 minutes to 1 hour before bedtime.

CLAIMS:

Vitamins B6, B3, B9 and magnesium contribute to normal psychological functions. Vitamins B6, B3 and magnesium contribute to the proper functioning of the nervous system and to reducing fatigue. Melatonin contributes to reducing the time it takes to fall asleep and to reducing the effects of jet lag.

WARNING:

Food supplements are to be taken as part of a healthy lifestyle and should not be used as substitutes for a varied, balanced diet. Comply with recommendations for use and do not exceed the recommended daily dose. Keep out of the reach of children. Not recommended for children, adolescents, or pregnant or breastfeeding women.