

NutraSleep

Dietary Supplement

Ingredient	Per capsule	%NRV*
Passion Flower Extract	20 mg	**
Vitamin B6	4 mg	285,7%
Melatonin	5 mg	**

*NRV= nutrient reference values

** Nutrient reference value not established

Ingredients: Bulking agent (microcrystalline cellulose), capsule shell (hydroxypropyl methylcellulose), Passion flower extract (*Passiflora incarnata*) standardized for min. 4% flavonoids, melatonin, anti-caking agents (magnesium stearate, colloidal silica), vitamin b6 (pyridoxine hydrochloride).

The **Nutra Sleep** capsules contain melatonin that helps you fall asleep, stay asleep and wake up feeling less stressed and more energized. Melatonin has a number of functions for human health, especially in the sleep-wake cycle.

Melatonin is a biogenic amine. Humans naturally produce the hormone melatonin in the pineal gland. The daily rhythm of the body influences the sleep-wake cycle and determines the amount of melatonin that the body produces. Melatonin levels naturally increase in the late afternoon and drop in the morning. This allows for a healthy and habitual sleep pattern. However, the presence of blue light from electronic devices and displays disrupts melatonin biosynthesis, making it difficult for a lot of people to find a good night's sleep. Supplementing with melatonin can support a longer and better sleep, despite blue light and other factors such as stress in everyday life. Melatonin has also a free radical scavenger, anti-inflammatory, and antioxidant effects.

WARNING:

Do not exceed the recommended dose.

If you are pregnant, nursing, or taking medication, consult your doctor before use.

This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS:

Take one or two capsules near bedtime, with an adequate amount of water.

STORAGE:

Store in a cool and dry place at a temperature between 8°C - 25°C.

Keep out of the reach of children.

Keep away from sunlight exposure.

PACKAGING:

30 capsules (3 blisters of 10 capsules)
with an enclosed leaflet in a carton box.



Marketing Authorization Holder:
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