



Melatonin 1 mg lozenges

Nutritional supplement with melatonin and sweeteners

Important information: Melatonin is an endogenous "sleep hormone" that plays an important part in controlling the day/night rhythm. If required, it can be used as gentle sleeping aid, since independent researchers of the European Food Safety Authority (EFSA) have confirmed that melatonin contributes to shortening the time it takes to fall asleep. Furthermore, it can help the body to adapt to changing sleeping times, such as when working in shifts or after long-distance flights (jet lag). Lozenges with elderflowers lemon flavour.

Ingredients: Sweetener Xylitol, Sorbitol; acidifier Monosodium Citrate, Natural Flavourings, release agent Magnesium Stearate, Silicon Dioxide, Melatonin (0.2 %).

	per tablet (=daily dose)	per 100 g tablets
Melatonin	1 mg	0.2 g

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established

Recommended daily intake: To fall asleep faster: Let 1 tablet dissolve slowly in your mouth about 30 minutes before going to sleep.

To relieve the subjective feeling of jet lag: Let 1 table dissolve slowly in your mouth before going to sleep. The positive effect will be felt if at least 0.5 mg melatonin is taken on the first day of travelling shortly before going to sleep as well as on the first few days after arrival at the destination.

Can have a laxative effect when used excessively. Not suitable for children and young people under 17 years of age. Do not take together with alcohol. Pregnant and breastfeeding women and persons taking medication should contact their physician before taking this preparation.

Store in a dry place below 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 120 tablets = 58 g

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