

# Melatonin drops



## Relaxing sleep: Essential for physical and mental vitality

Sleep is an important part of our lives and a prerequisite for health and well-being. Our body uses this resting phase to recharge its batteries in order to remain efficient in the long run. Unfortunately, good sleep and easy falling asleep are not a matter of course. Stress and anxiety, but also an age-related decrease in melatonin production can make the journey to dreamland more difficult. Also, long-distance journeys over several time zones can disrupt the inner clock and cause sleepless nights.

Melatonin is also called the sleep hormone because it is involved in co-ordinating the body's sleep cycle. The release from the pineal gland in the brain starts in the evening as a reaction to the onset of darkness and decreases in the morning hours with increasing brightness. The hormone therefore ensures that we get tired in the evening. If this natural rhythm is disturbed, the additional intake of melatonin can support the body: 1 mg Melatonin (= 4 drops of Biogena Melatonin Drops), consumed close to bedtime, contributes to the reduction of time taken to fall asleep. So nothing stands in the way of a rested start into the next morning.

On vacations Biogena Melatonin Drops are the ideal travel companions. Melatonin can relieve the subjective sensation of jet lag, caused by traveling through multiple time zones - so you can enjoy your vacation from day one.

## Melatonin drops

- With the sleep hormone melatonin, which plays an important role in the sleep-wake phase
- The consumption of 1 mg Melatonin close to bedtime contributes to the reduction of time taken to fall asleep
- Melatonin contributes to the alleviation of subjective feelings of jet lag. The beneficial effect is obtained with a minimum intake of 0,5 mg (= 2 drops) to be taken close to bedtime on the first day of travel as well as the first few days after arrival at the destination.
- With a pleasant natural mint taste

## Possible uses:

- As nutritive support for faster falling asleep
- As a contribution to faster adaptation during long-distance travel by alleviating subjective jetlag sensation
- As a sensible supplement for more well-being through a shorter fall asleep time

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**Bioavailable micronutrients in pure form**

- Production according to the pure substance principle
- Gluten-free
- Lactose-free
- 100 % vegan
- hypoallergen
- Tested quality

| INGREDIENTS per daily dose | 4 drops | % NRV* |
|----------------------------|---------|--------|
| Melatonin                  | 1 mg    | -      |

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

**INGREDIENTS**

Vegetable oils (coconut, rapseed), alcohol, melatonin, natural mint flavour.

**RECOMMENDED DOSAGE**

4 drops daily (= 1 mg melatonin) 30 minutes before bedtime.

**NOTE**

Food supplement in accordance with EU Directive 2002/46/EC

**IMPORTANT NOTICE**

Do not take at the same time as sleep-inducing medicines or medicines containing fluvoxamine or cimetidine.

**ADDITIONAL NOTE**

Total alcohol content: 10 % vol corresponding to 0,01 ml alcohol per daily dose (4 drops). Product contains alcohol. It is not recommended for pregnant women and nursing mothers as well as for children and persons suffering from alcoholism.

**PACKAGE SIZE AND CONTENT**

30 ml

**GOOD TO KNOW**



**Design the bedroom as an oasis of well-being:** A tidy bedroom, the right indoor plants (e.g. aloe vera and yucca palm) as well as a pleasant temperature (16 to 18 degrees are optimal) create the right basis for restful sleep. In addition, the bedroom should be an "electronics free zone": Television, smartphone and tablet provide stress instead of relaxation.



**Relax body and soul with movement:** Already 10 to 15 minutes of sport per day improve the sleep quality lastingly. However, you should avoid excessively demanding sports sessions in the late evening: the effort stimulates the sympathetic nervous system, which can delay a quick and easy fall asleep by a few hours.



**Alcohol as deceptive sleep robber:** Alcohol consumption accelerates falling asleep, but leads to more frequent waking up, reduces important REM phases ("dream sleep phase") and withdraws water from the body - the hangover the next morning sends greetings. So if you

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**Nicotine disturbs our sleep:** smokers suffer more often from sleeping problems than non smokers and start the day less rested. The nicotine kick leads to an intoxicating sensation, although the body needs to rest; at the same time, night-time withdrawal symptoms interfere with a peaceful sleep. So cigarettes literally rob us of our sleep. For this reason, the last cigarette should be smoked a few hours before sleep time. Or even better: quit smoking completely.



**Further micronutrient recommendations:** stressed people, who can hardly switch off, benefit from the group of B vitamins. Vitamin B6, B12, thiamine, niacin and biotin ensure wellbeing by contributing to the normal function of the nervous system and the psyche. Traditionally specific plant extracts are used to support sleep. Ashwagandha for example supports a normal falling asleep phase, hops contribute to normal sleep.

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Total alcohol content: 10 % vol corresponding to 0,01 ml alcohol per daily dose (4 drops). Product contains alcohol. It is not recommended for pregnant women and nursing mothers as well as for children and persons suffering from alcoholism. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 13.11.2019.



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