

fit@work® Sleep



fit@work® Sleep - For restful sleep after a hard day at work

After a hectic day at work, it is sometimes difficult to relax at night and fall asleep calmly. Yet restful sleep is important for physical and mental health, especially in times of increased stress. Daily performance can also suffer if the body doesn't get the rest it needs - so lack of sleep can make everyday work even more stressful in some circumstances. Fortunately, there are some ways to improve so-called "sleep hygiene." These include avoiding alcohol before bedtime, not eating a late dinner, and not bringing your cell phone or laptop into the bedroom. But a good book or a cup of tea can also help you switch off.

Among home remedies, there are some well-known plants that naturally support sleep. Especially lemon balm, valerian and hops are known for their sleep-supporting effect, lemon balm and valerian also promote relaxation and mental well-being. Melatonin is a natural sleep hormone of the body that makes us feel sleepy in the evening. It also helps alleviate jet lag - and can therefore be helpful during long business trips.

Biogena fit@work® Sleep offers a simple and convenient way to take advantage of these benefits: As a unique blend of sleep-supporting plant extracts (HerbalCalmness®-Blend), magnesium and melatonin, it offers a new way to support the sleep experience. Magnesium supports the normal functioning of the nervous system and psyche, further contributing to relaxation. Finally, melatonin helps you fall asleep faster, giving your body the rest it deserves.

fit@work® Sleep - The new Biogena offer for a good quality of sleep to face the small and big everyday hurdles full of energy.


fit@work® Sleep

- Consuming 1 mg of melatonin shortly before bedtime helps to shorten the time it takes to fall asleep
- Melatonin helps alleviate the subjective sensation of jet lag. For this purpose, at least 0.5 mg of melatonin should be taken shortly before bedtime on the first day of travel, as well as on the first few days after arriving at your destination
- Magnesium contributes to normal functioning of the nervous system, normal mental function and energy metabolism
- Lemon balm, valerian and hops in HerbalCalmness®-Blend support normal sleep
- Lemon balm and valerian promote relaxation and mental well-being

Possible uses

- To support relaxation and mental well-being
- As a nutritive support to fall asleep faster
- To support a normal sleep experience

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Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium	100 mg	27
HerbalCalmness® Blend	480 mg	-
<i>contains valerian root extract</i>	200 mg	-
<i>contains lemon balm extract</i>	160 mg	-
<i>contains hops extract</i>	120 mg	-
Melatonin	1 mg	-

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

INGREDIENTS

Magnesium bisglycinate, valerian root extract, hydroxypropyl methyl cellulose (capsule shell), lemon balm extract, hops extract, melatonin.

RECOMMENDED DOSAGE

2 capsules daily approximately 30 minutes before bedtime with plenty of liquid.

NOTE

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

ADDITIONAL NOTE

Do not use this product if you are taking sleep-inducing drugs or drugs containing fluvoxamine or cimetidine.

PACKAGE SIZE AND CONTENT

60 capsules (1-month supply), 39 g

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.

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withdraws water from the body - the hangover the next morning sends greetings. So if you want to improve the quality of your sleep, you should do without alcohol if possible.



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. Not a substitute for a balanced and varied diet and a healthy lifestyle. 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. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 30.06.2022.



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