

## MELATONIN ODF

for sleep disorders and nervousness



### PRODUCT DESCRIPTION

**ODF with melatonin** are a food supplement of Melatonin to regulate sleep and promote the body's adaptation after changing time zones, avoiding jet lag. Unique formulation, especially innovative, in practical spearmint-flavoured strips, which allow the ingredients to be rapidly assimilated, instantly releasing the 1 mg of Melatonin contained. Useful and practical.

### THE ACTIVE INGREDIENTS

The films are made with a combination of edible starch and cellulose in which the active ingredients are embedded.

**MELATONIN:** Melatonin is a hormone produced by the pineal gland from tryptophan and its regulation is given by the light-dark cycle. This hormone has different functions: it intervenes in the regulation of the circadian rhythm and in the processes of sleep and awakening, acts as a neurotransmitter, has antioxidant and immunomodulatory activity.

#### **Dosage**

1 mg.

### INSTRUCTIONS FOR USE

To get the most benefit from the product's effects, it is recommended to take 1 strip a day, a quarter of an fifteen minutes before going to bed.

### PRESENTATION

- Strips of 22 mm x 32 mm.
- They are less than 1 mm thick.
- Each strip is contained in a 01 single dose printed aluminium sachet.

### PRODUCT CATEGORY

Food supplement.