

## RELAX PATCH



### PRODUCT DESCRIPTION

Patch containing melatonin, folic acid, niacin, and herbal extracts traditionally used to help relax and sleep.

### INDICATIONS

Relax patches are aimed to those persons that are having trouble sleeping. Current life rhythms and stress can cause sleep disorders, either related to falling asleep or to having a good rest through the night.

### MECHANISM OF ACTION

Patches are a convenient and innovative way of getting active ingredients into the body. The advantages include avoiding first hepatic pass, which can lower the bioavailability; ease of use for people with trouble swallowing; availability in blood almost immediate and gradually released during the time of application.

### THE ACTIVE INGREDIENTS

MELATONIN: natural compound that helps falling asleep. It is normally secreted when sun goes down, but in some situations this natural mechanism could be impaired, such as in case of jet lag.

HAWTHORN [Crataegus oxyacantha].

PASSIFLORA [Passiflora incarnate]: herbal extracts that helps mentally and physically, which are very useful for people who have trouble getting to sleep.

FOLIC ACID AND VITAMIN PP: vitamins that help promoting relaxation.

### INSTRUCTIONS FOR USE

- 1- Make sure that the area where the patch will be applied is clean and dry, to ensure a perfect adhesion.
- 2- Open the sachet and take one liner. Separate one of the patches from the protective film and stick it on the chosen area of the skin.
- 3- It is recommended to apply the patch at least 2 hours before sleep time, and leave it for 12h.
- 4- On the next day, remove the patch and apply a new patch in a different area of the body.

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### WARNINGS

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Keep out of reach and sight of children. Do not exceed the advised daily intake. Do not use during pregnancy or breastfeeding. Each patch is for single use only. Keep the product in a cool, dry place, away from direct sunlight.

### PRESENTATION

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1 sachet containing 28 patches.

### PRODUCT CATEGORY

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Europe: Cosmetic, free consume.