

Melatonbest

**TO SUPPORT CALM AND SLEEP
AND ALLEVIATE JET LAG**



is a food supplement of Melatonin, with Magnesium and Valerian. Melatonin contributes to the reduction of time taken to fall asleep and to the alleviation of subjective feelings of jet lag. Valerian helps to attain a state of relaxation, useful for sleeping and in case of stress. Magnesium contributes to normal functioning of the nervous system and normal psychological function.

Functional ingredients:

Magnesium, Valerian, Melatonin.

How to use:

1 tablet a day before going to sleep.

Pack:

60 tablets

NUTRITIONAL FACTS

Ingredients	Per dose (1 tab)	DRV%*
Magnesium	130 mg	35%
Melatonin	1 mg	
Valerian d.e. tit. 0,42%	60 mg	

*DRV= Dietary Reference Value.